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watchOS 11 edition

Apple Watch

USER MANUAL

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24° H:31° L:14°
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NOW 11 12 13 14
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Yoga Class
Fitness Centre

MON
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English to Korean
South Korea
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Mobile
Mystie
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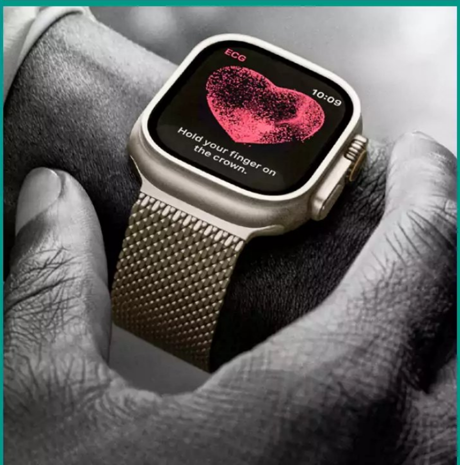
Medical ID
Compass Backtrack
SOS
Emergency Call

Discover new apps + features with the latest software updates

Learn more about your Watch and become a more confident user


ECG
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Hold your finger on the crown.

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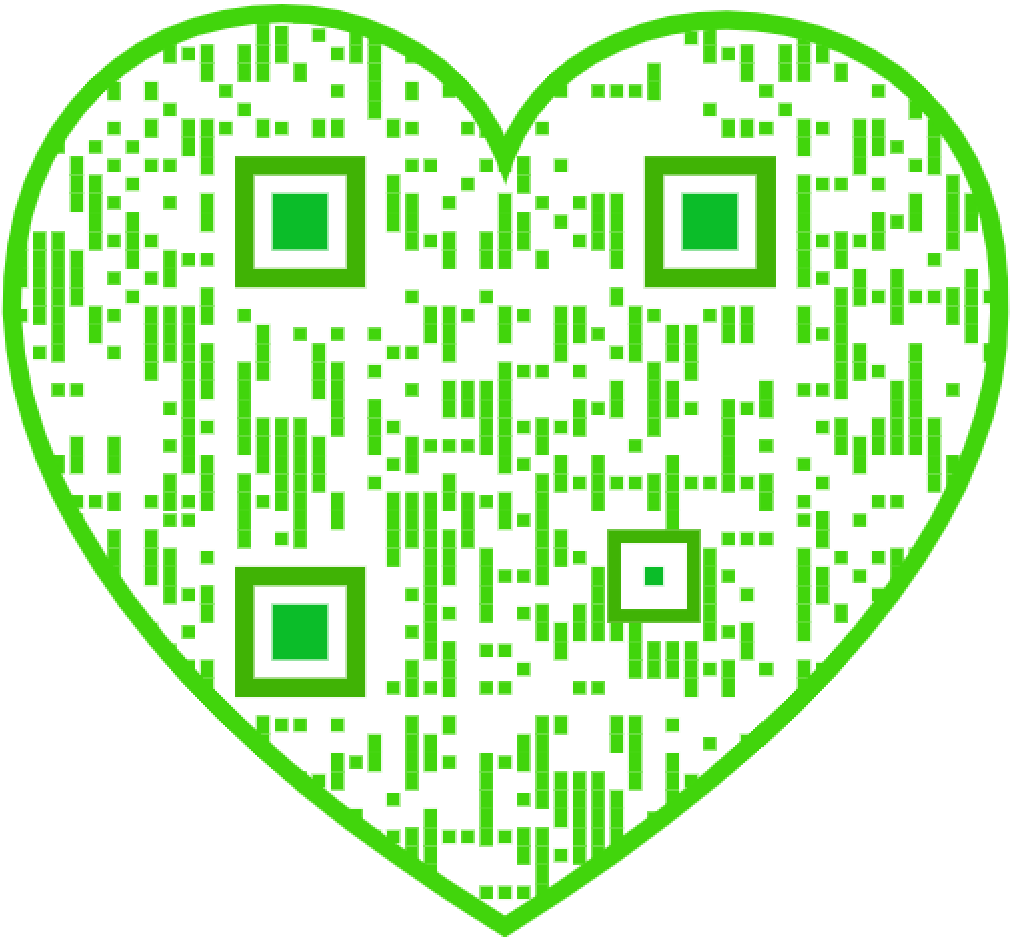

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Papercut's

Apple Watch

USER MANUAL

Welcome to the ultimate guide to Apple's amazing smartwatch! Your Apple Watch can do more than you think. You may have dipped into its health and fitness capabilities, but have you explored all its exercise and medical functions? You might have a favourite collection of watch faces, but are you familiar with all the ways you can tailor and customise them to your requirements? And you probably know there are third-party apps you can download and install, but which are the best and why? Over the following pages, we take an in-depth look at Apple Watch, its features and functions, its bundled apps and the best the App Store has to offer. Our plain-English tutorials help you get the best out of your amazing Apple wearable. With our help, you can use your Apple Watch like a boss!

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The Ultimate Apple Watch Manual

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90 The Watch Walkie-Talkie
92 Wallet and Apple Pay on Watch
93 Tap To Cash
94 The Watch Sleep App

Citymapper
10:42
Walk to Station
Newton Abbot
28 min (1.3 mi)
Next scheduled times:
11:33, 12:06
Domino's Pizza

Good Afternoon
If you have an Apple Watch, you can pair it with your iPhone here.
Learn more about Apple Watch
Start Pairing

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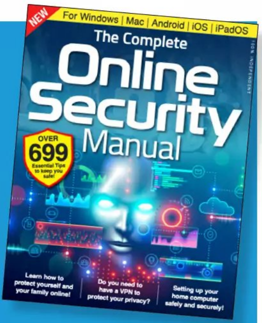
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160
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NOW
209FT ELEV GAINED
361FT ELEV
Cris
Where should we go for a ride?
How about the riverfront?
Current
Heart Rate
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75 BPM, 2m ago
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Activity
Efecto
Bad Bunny
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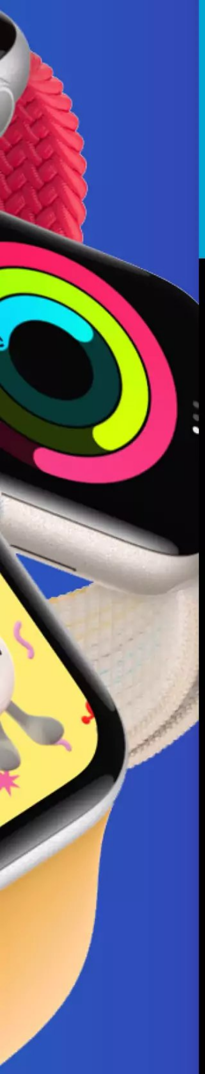


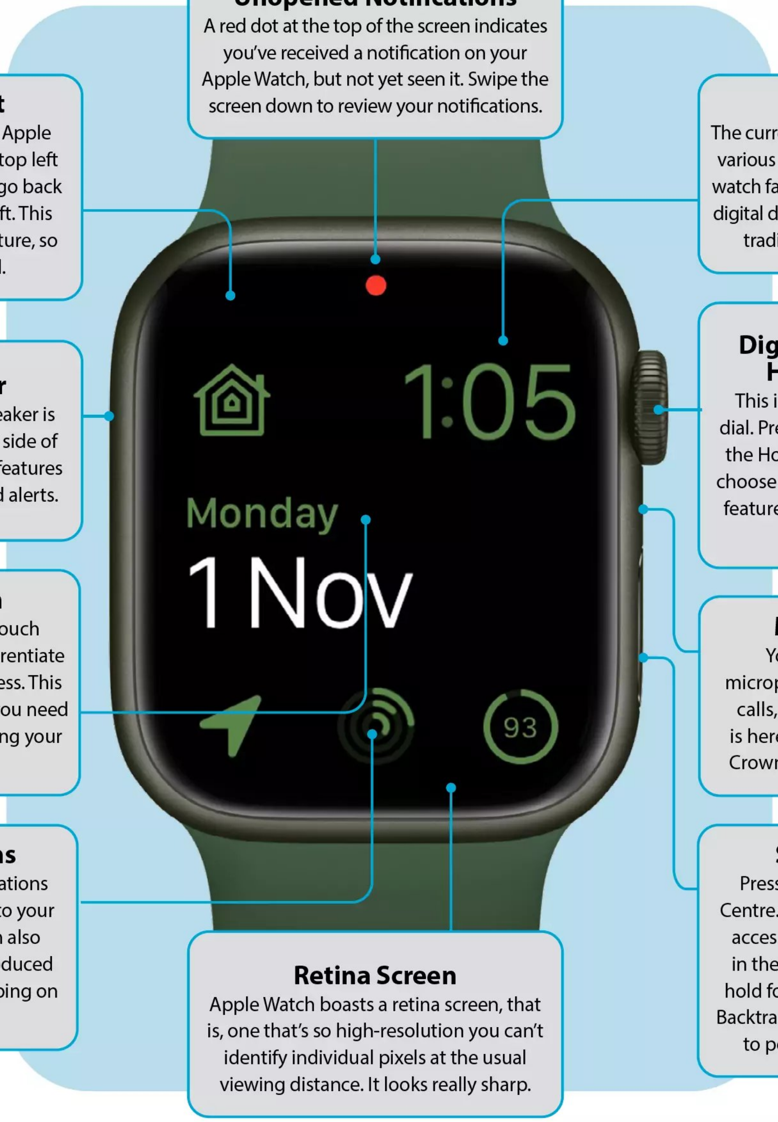
First Steps with Your Watch

Beginners should start here. In fact, everyone should start here. However long you've been using your Apple Watch, you might find something new. We show you how to get started with your Apple Watch, how to set it up, its key features such as the watch face, Control Centre and Gestures, and more. Look out too for changes in the Smart Stack, which are new to watchOS 11!

Learn more >

What’s Where on Your Watch

The controls on your Apple Watch are fairly straightforward, with two buttons on the right of the casing and a tough, durable Force Touch crystal covering the screen. But there’s more to the hardware than just the buttons.



Unopened Notifications
A red dot at the top of the screen indicates you’ve received a notification on your Apple Watch, but not yet seen it. Swipe the screen down to review your notifications.

Tap Top Left
In many places on the Apple Watch you can tap the top left corner of the screen to go back to the page you just left. This is a very important gesture, so remember it well.

The Speaker
Your Apple Watch’s speaker is found on the left-hand side of the casing. It’s used for features such as phone calls and alerts.

Force Touch
The watch screen is touch sensitive and it can differentiate between a tap and a press. This is an important feature you need to get used to when using your Apple Watch.

Complications
Customisable complications add more information to your watch screen. You can also access the app that produced this information by tapping on its complication.

The Time
The current time can be shown in various ways, depending on the watch face you choose. Here it’s a digital display but it can also be a traditional analogue face.

Digital Crown and Home Button
This is both a button and a dial. Press it to get to and from the Home Screen, where you choose an app to use. Roll it for features that require scrolling such as menus.

Microphone
Your Apple Watch’s microphone, used for phone calls, recording and more, is here, between the Digital Crown and the Side Button.

Side Button
Press to open the Control Centre. Double press for quick access to your cards, stored in the Wallet app. Press and hold for Medical ID, Compass Backtrack, Emergency SOS and to power off your watch.

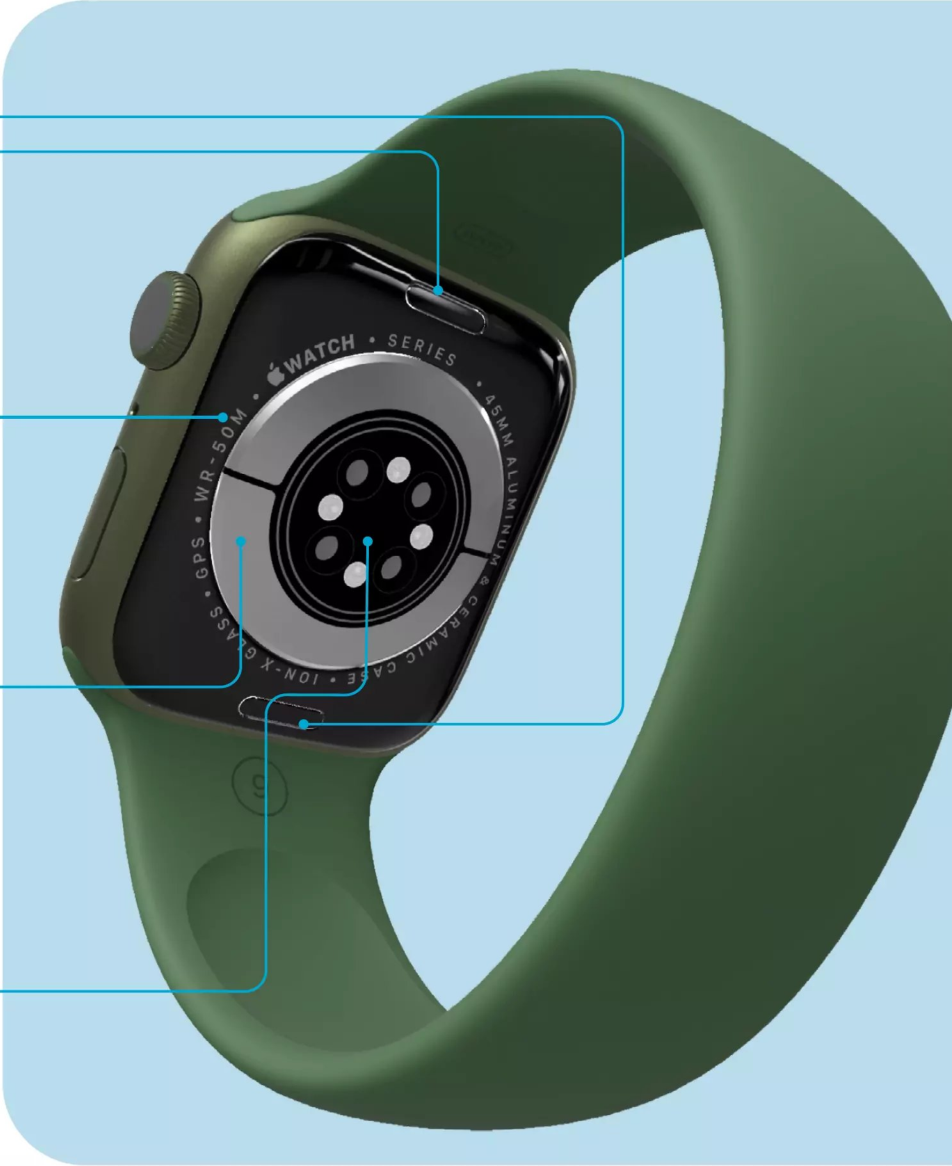
Retina Screen
Apple Watch boasts a retina screen, that is, one that’s so high-resolution you can’t identify individual pixels at the usual viewing distance. It looks really sharp.

Strap Release Buttons
Press one of these buttons down with your thumbnail and you can remove the strap by sliding it left and right. To replace it, just slide it back in without pressing the button.

Information
Details about your watch, such as its series and size, are written around the sensors.

Electrical Heart Sensor
The Electrical Heart Sensor and the ECG app can take an electrocardiogram, or ECG, giving you invaluable information on the health of your heart.

Blood Oxygen and Optical Heart Sensor
The Blood Oxygen Sensor measures the percentage of oxygen your red blood cells carry from your lungs to the rest of your body. The Optical Heart Sensor checks your heart rate.



Watch Tech:
The Taptic Engine

At the heart of the Apple Watch is Apple's innovative Taptic Engine. In a nutshell it's a linear actuator that produces haptic feedback. This is what gives you that little vibration buzz on your wrist when a notification comes in. Open the Watch app on your iPhone and go to My Watch > Sounds & Haptics and you can configure it to suit your needs too. You can also switch it off altogether if you really don't like it but you'll probably find it a very useful feature on your technology packed Apple Watch.

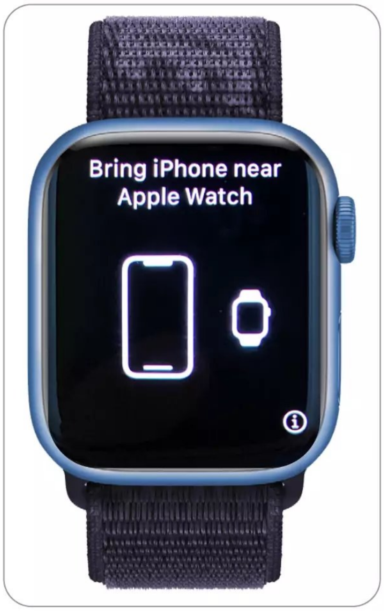
TAPTIC ENGINE

Getting Started with Watch

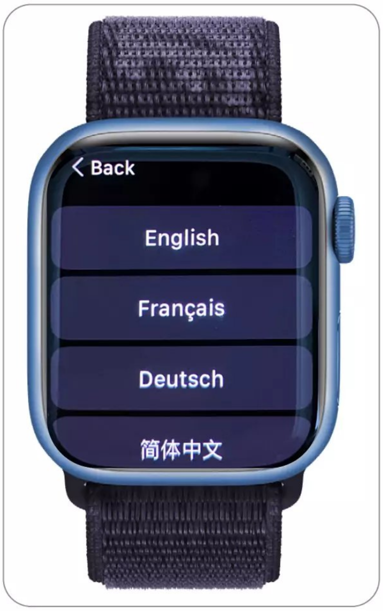
So you've left the Apple Store with your brand new Apple Watch tucked under your arm. But what do you do now? How do you pair your watch with your iPhone, set it up and get it ready for everyday use? Here we show you how to set it up out of the box, and then take you through the stages of setting up your brand new Apple Watch, pairing it with a new iPhone and more.

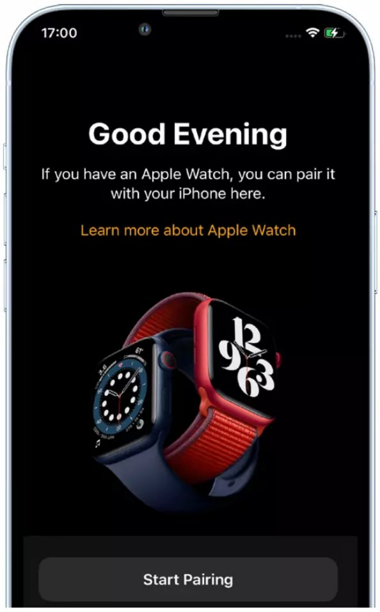
First-time Set-up with a New Watch

Apple Watch Ultra 2, Apple Watch Series 9 and Apple Watch SE require an iPhone Xs or later with iOS 17 or later. Older Apple Watches can get by with earlier iPhones. Apple Watch is only compatible with iPhone.



Bring iPhone near Apple Watch





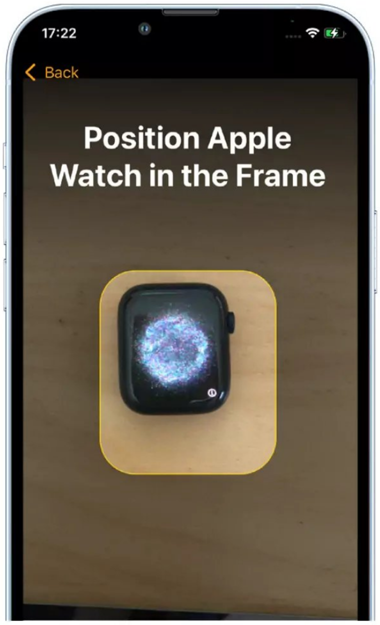
Good Evening

If you have an Apple Watch, you can pair it with your iPhone here.

1 If your watch is switched off, press and hold the side button to switch it on. It invites you to make sure your Apple Watch and iPhone are in close proximity. On your iPhone, open the Apple Watch app and make sure My Watch is selected at the bottom.

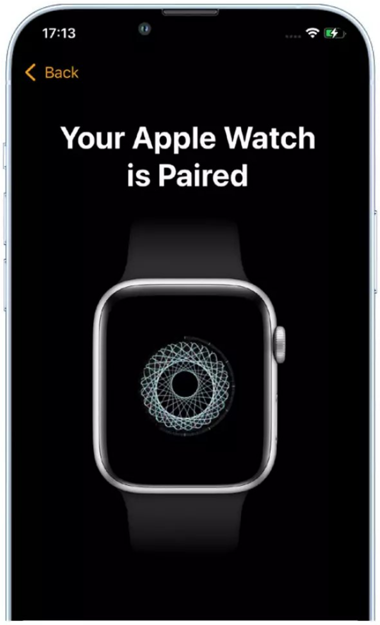
2 If you wish to choose a language at this stage, tap the 'i' in the circle, found in the bottom-right corner of the watch screen, and choose from the languages available. Scroll up and down the main list with the digital crown; just turn it to scroll through them.

3 On your iPhone, open the Apple Watch app, and make sure you're on My Watch, found at the bottom of the screen. Tap Start Pairing, then choose whether to set it up for you or a family member, (assuming you use Family Sharing on the iPhone).



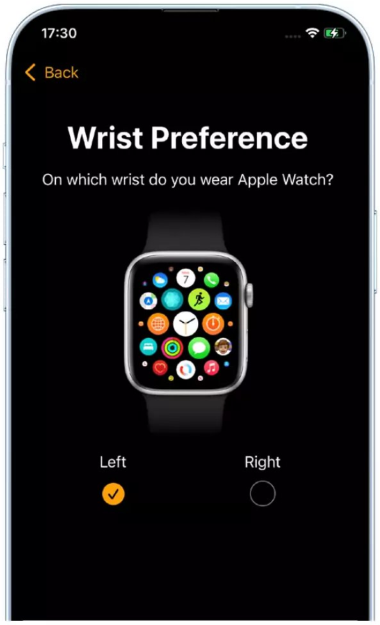
Position Apple Watch in the Frame

4 This is what you now see on your phone. You must hold it over your watch, which will show a swirling pattern. Keep the watch screen inside the yellow box on your iPhone screen. Hold it steady and keep it in place, and your devices are soon paired.



Your Apple Watch is Paired

5 If there's a software update available for your Apple Watch, you're invited to install it now. You can choose to do so, or do it later. You're then told your Apple Watch is paired. Tap the button that says Set Up Apple Watch, and you're taken through a few settings.

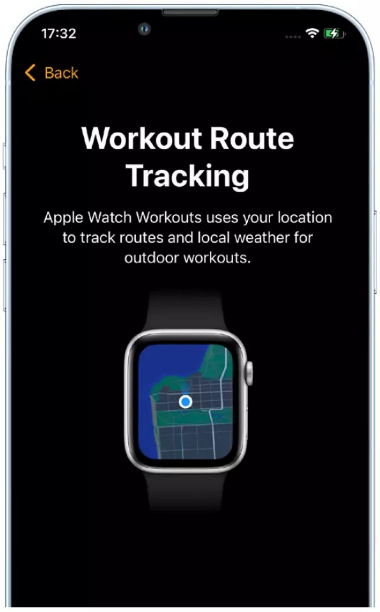


Wrist Preference

On which wrist do you wear Apple Watch?

Left ✓
Right ○

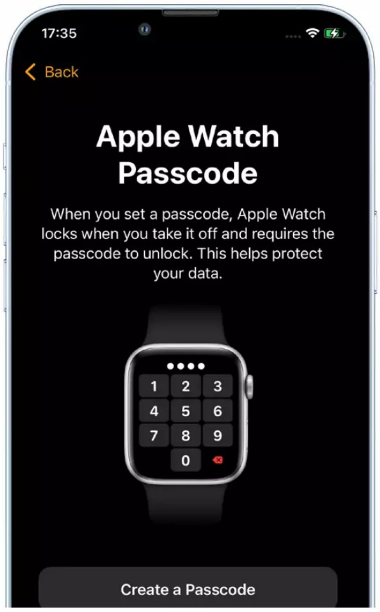
6 Follow the on-screen instructions and set the wrist on which you intend to wear your Apple Watch. Then you're shown the Terms and Conditions, which you must accept; tap Agree, then again in the pop-up window to move on to the next screen.



Workout Route Tracking

Apple Watch Workouts uses your location to track routes and local weather for outdoor workouts.

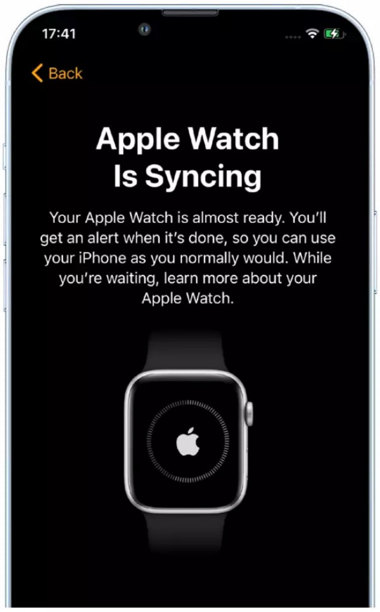
7 Workout Route Tracking lets your Apple Watch use your locations to track routes for when you're out walking, cycling or jogging. It also keeps track of the local weather. Choose whether you want to enable or disable this, then tap the relevant option.



Apple Watch Passcode

When you set a passcode, Apple Watch locks when you take it off and requires the passcode to unlock. This helps protect your data.

8 There then follows a series of settings to choose. Just follow the on-screen instructions as you go. When you get to the passcode option, if you choose to add one (which you should), you need to enter it twice on your Apple Watch before proceeding.



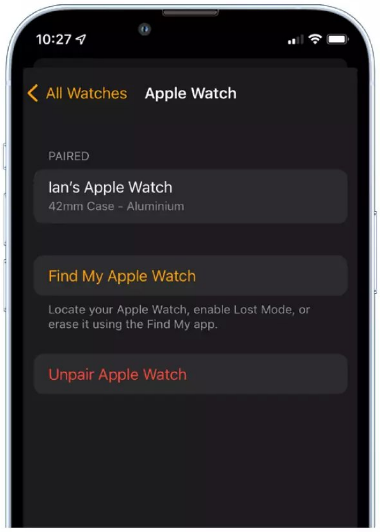
Apple Watch Is Syncing

Your Apple Watch is almost ready. You'll get an alert when it's done, so you can use your iPhone as you normally would. While you're waiting, learn more about your Apple Watch.

9 Eventually, you get to this screen, which shows your Apple Watch is syncing with your iPhone. It takes a while, with the white circle on around the Apple logo (on the watch and the iPhone), showing progress. When it's done, the setup process is complete.

Upgrading Your Watch

If you already own and use an Apple Watch, but want to upgrade it to a new one, this is how you go about it. It's a straightforward process where you back up and unpair it, then start again with your new Apple Watch.



PAIRED

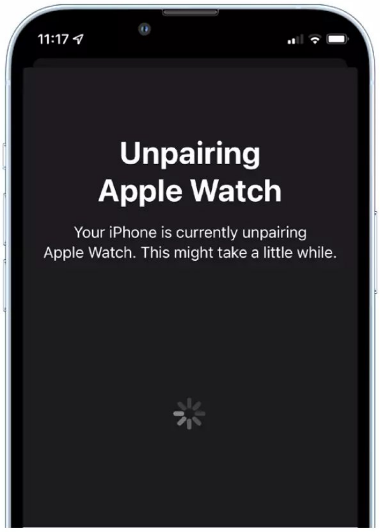
Ian's Apple Watch
42mm Case - Aluminium

Find My Apple Watch

Locate your Apple Watch, enable Lost Mode, or erase it using the Find My app.

Unpair Apple Watch

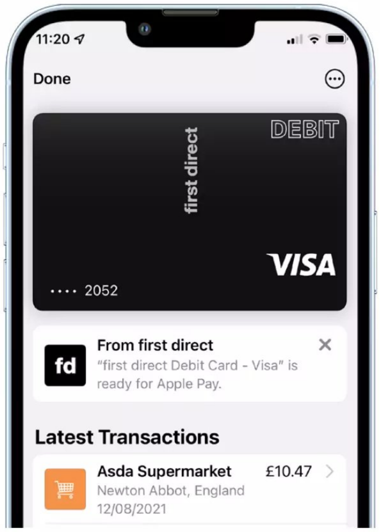
1 To back up your Apple Watch, first go into the Watch app on your phone. In the My Watch tab (bottom left), tap All Watches (top left), tap the 'i' icon next to your old watch, then tap Unpair Apple Watch and confirm. Make sure your watch and your phone are in close proximity.



Unpairing Apple Watch

Your iPhone is currently unpairing Apple Watch. This might take a little while.

2 Enter your Apple ID password and the watch is backed up to your iPhone. A backup contains app specific data, your watch faces, Wi-Fi network settings, brightness, sound and haptic settings, languages, your time zone and settings for Mail, Calendar, Stocks and Weather.

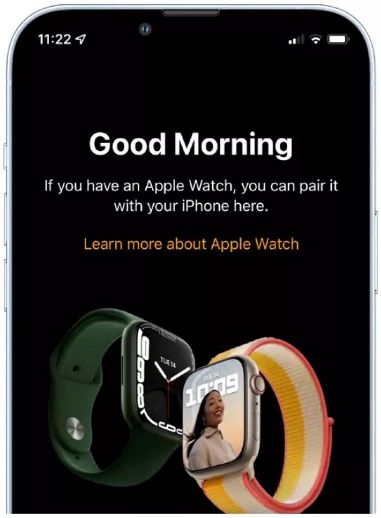


From first direct
"first direct Debit Card - Visa" is ready for Apple Pay.

Latest Transactions

Asda Supermarket Newton Abbot, England 12/08/2021	£10.47

3 A backup does not contain Bluetooth pairings, your Apple Watch passcode, credit or debit cards saved for use with Apple Pay or playlists synced to your Apple Watch; all these things will have to be re-entered manually when you pair a watch with your iPhone again.

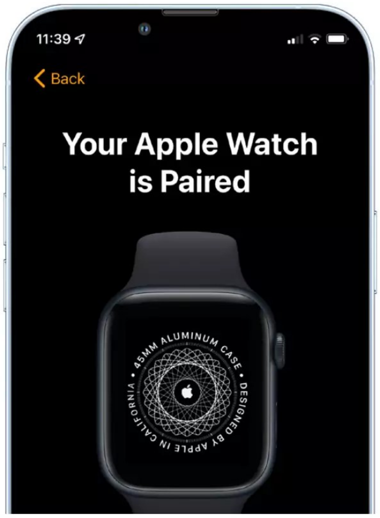


Good Morning

If you have an Apple Watch, you can pair it with your iPhone here.

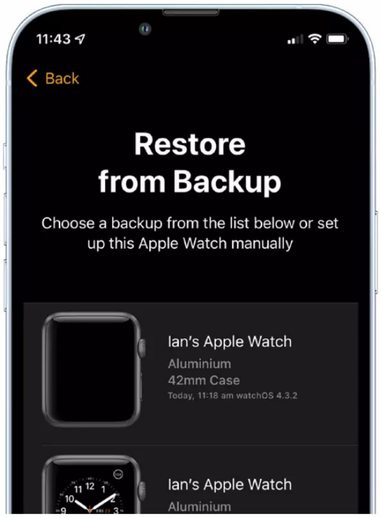
Learn more about Apple Watch

4 On your iPhone, open the Watch app. You'll see this screen, as you no longer have an Apple Watch paired with your phone. With your Apple Watch and your iPhone in close proximity, tap the Start Pairing button.



Your Apple Watch is Paired

5 Follow the on-screen instructions to pair your watch with your iPhone, as described in our First-time Set-up tutorial. You're then asked whether to restore from backup or set up as a new watch. Choose the former.



Restore from Backup

Choose a backup from the list below or set up this Apple Watch manually

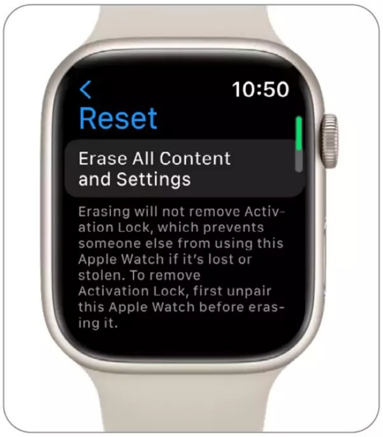
Ian's Apple Watch
Aluminium
42mm Case
Today, 11:18 am watchOS 4.3.2

Ian's Apple Watch
Aluminium

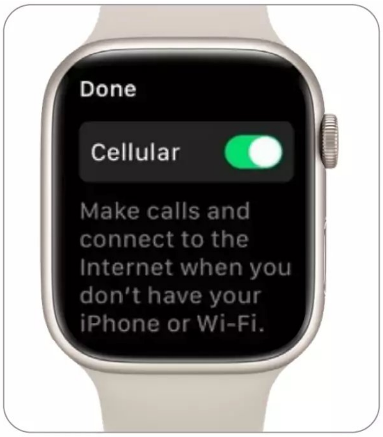
6 Choose a backup to restore. This will probably be the one at the top of the list, that is, the one you made earlier in this tutorial. Tap it, tap Continue and your backup is restored to your new Apple Watch.

Restoring Watch to Factory Settings

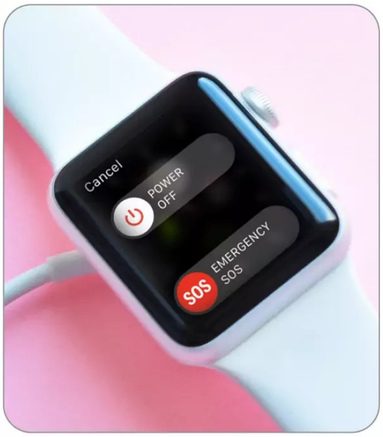
If you upgrade your Apple Watch, what do you do with your old one? Here's a guide to restoring it to factory settings, that is, wiping it clean ready to start again, so you can sell it or give it away to a friend or family member.



Erasing will not remove Activation Lock, which prevents someone else from using this Apple Watch if it's lost or stolen. To remove Activation Lock, first unpair this Apple Watch before erasing it.



Make calls and connect to the Internet when you don't have your iPhone or Wi-Fi.



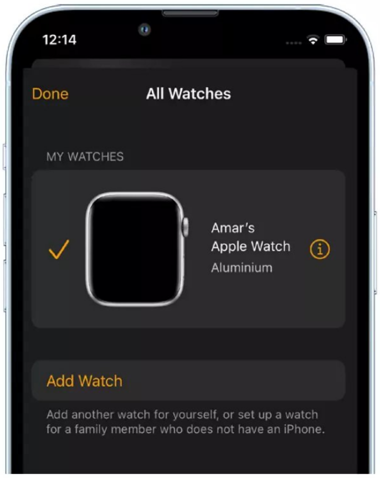
1 On your Apple Watch, open the Settings app and then tap General. On the next screen, tap Reset. Choose the Erase All Content and Settings option, and then enter your Apple Watch's passcode.

2 If you have a watch with a cellular option, you can then choose to Erase All or Erase All & Keep Plan. If you intend to carry on using the watch, choose the latter. If you're disposing of it, choose the former.

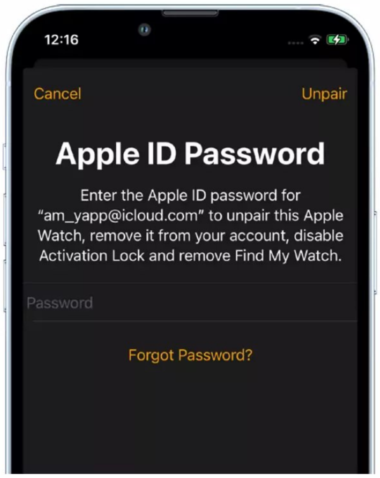
3 If you've forgotten your Apple Watch passcode, place your watch on its charger and hold the side button until you see Power Off. Press and hold the digital crown, and then tap Reset.

Pairing with a New iPhone

If you upgrade your iPhone but want to carry on using your current Apple Watch, first make sure both your iPhone and your Apple Watch are fully charged. Then follow these instructions...

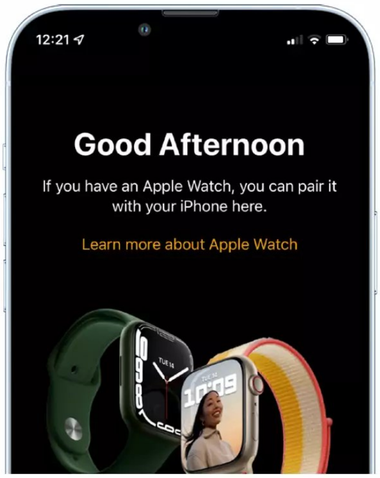


Add another watch for yourself, or set up a watch for a family member who does not have an iPhone.



Apple ID Password

Enter the Apple ID password for "am_yapp@icloud.com" to unpair this Apple Watch, remove it from your account, disable Activation Lock and remove Find My Watch.



Good Afternoon

If you have an Apple Watch, you can pair it with your iPhone here.

1 With your Apple Watch and your old iPhone in close proximity, open the Watch app and in My Watch (bottom left), tap All Watches (top left). Tap the 'i' next to your watch, tap Unpair Apple Watch.

2 Confirm you want to unpair, and then type in your Apple ID password to remove the watch from your account. Your watch is unpaired from your old iPhone; this might take some time.

3 When you're done, on your new iPhone (when you've set it up), open the Apple Watch app and open the Watch app. You can now pair your Apple Watch with your new iPhone in the usual way.

Updating watchOS on Your Watch

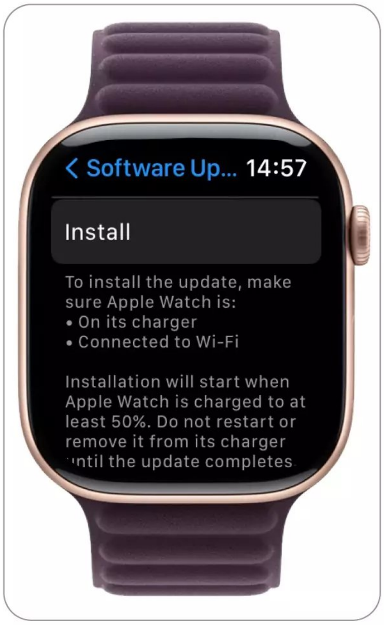
watchOS is the operating system on which the Apple Watch runs. It underpins everything that happens on your Apple Watch. watchOS is regularly updated by Apple, and when there's a new version available, you get a notification. You can then update your Apple Watch directly from the watch itself, or through your iPhone's Watch app. Here's how.

1:56
Software Update
watchOS 11
Apple Inc.
1.7 GB
Estimating time remaining...
watchOS beta gives you an early preview of upcoming apps, features

---

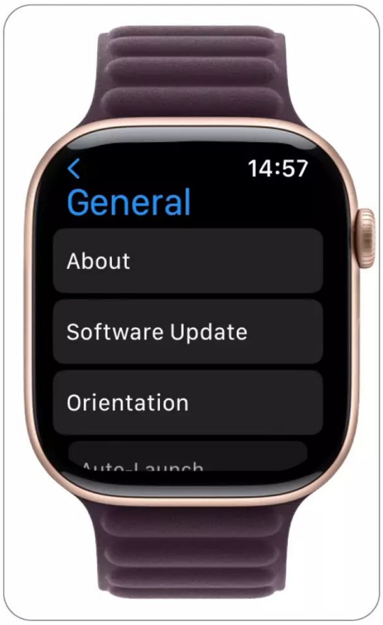
On Your Watch

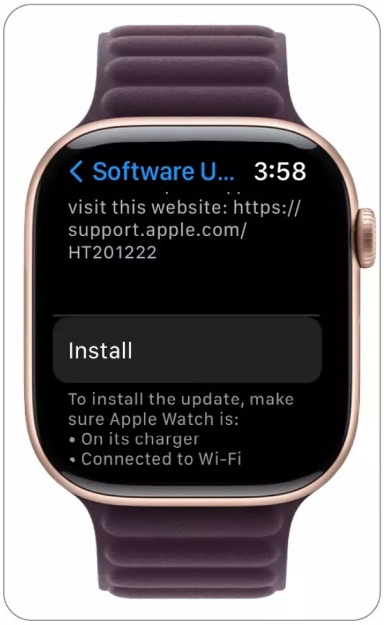
If your Apple Watch is already running watchOS 6 or higher, you can update directly from your watch. If it isn't, you might be very out of date. Follow the guide to updating on your iPhone instead.


< Software Up... 14:57
Install

To install the update, make sure Apple Watch is:
- On its charger
- Connected to Wi-Fi

Installation will start when Apple Watch is charged to at least 50%. Do not restart or remove it from its charger until the update completes


<
14:57
General
About
Software Update
Orientation
Auto-Launch


< Software U... 3:58
Install

visit this website: https://support.apple.com/HT201222

To install the update, make sure Apple Watch is:
- On its charger
- Connected to Wi-Fi

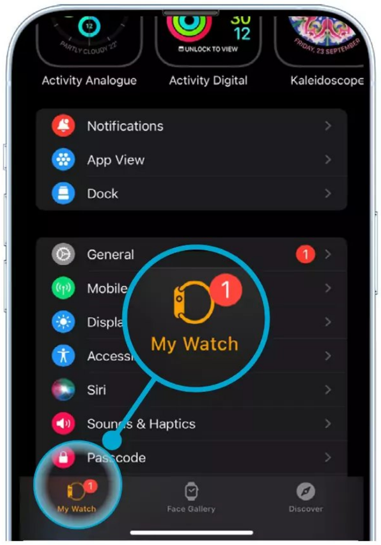
1 If you get a notification like this, there's a new version of watchOS you can install on to your Apple Watch. To install overnight, scroll up and tap Install Tonight, then leave your watch on a charger overnight.

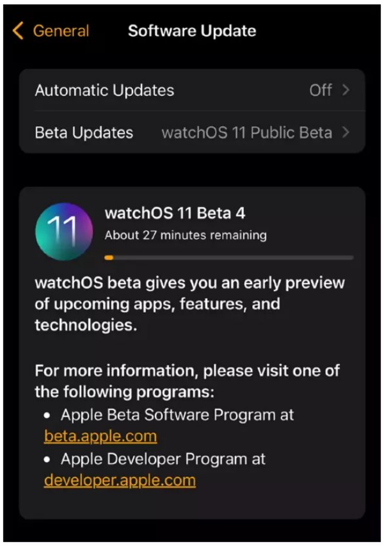
2 To install immediately from your Apple Watch, place the watch on your charger, and make sure it's connected to your Wi-Fi network. On your watch, go to Settings > General > Software Update.

3 On this Software Update screen, scroll up and tap the button marked Install. The install only starts when your watch is 50 percent charged. When it's finished the watch restarts to complete the update.

Update Using Your iPhone

You can update your version of watchOS using your iPhone instead. Make sure your watch is connected to your watch charger throughout the update process, which begins when it's 50 percent charged.





Automatic Updates Off

Beta Updates watchOS 11 Public Beta

watchOS 11 Beta 4

About 27 minutes remaining

watchOS beta gives you an early preview of upcoming apps, features, and technologies.

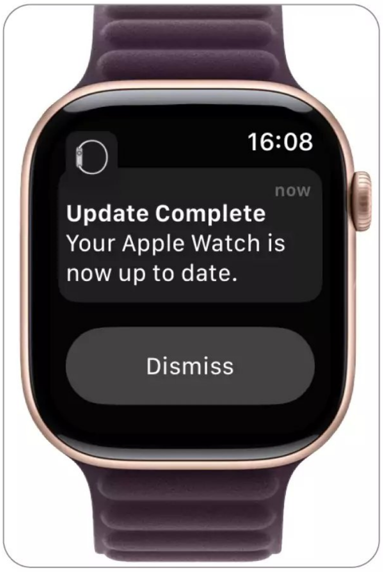
For more information, please visit one of the following programs:

- Apple Beta Software Program at beta.apple.com
- Apple Developer Program at developer.apple.com

1 On the iPhone with which your Apple Watch is paired, open the Watch app and make sure the My Watch section is open (bottom left). Tap the General link and you'll see Software Update is badged.

2 Tap Software Update and you're taken to a screen explaining exactly what's new in the new version of the operating system, with a link to a more complete description on Apple's support site.

3 Also on this screen is the Install button. Make sure your watch is connected to your charger and at least 50 percent charged. If it's low on power, the update starts when the charge reaches 50 percent.



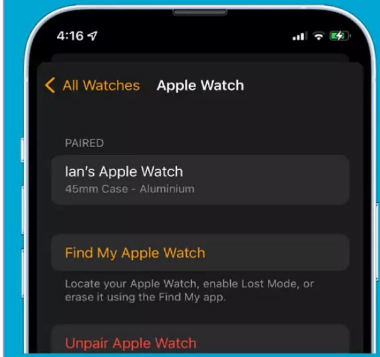
Update Complete

Your Apple Watch is now up to date.

4 Tap Install, enter your passcode and then Agree to the terms and conditions. The update process starts; it may take some time. Don't remove the watch from its charger until the install is finished.

Need Storage Space?

If you need more free storage space before you can update your Apple Watch, first of all, restart it; press and hold the side button, then press and hold the digital crown. If that fails, try these steps.



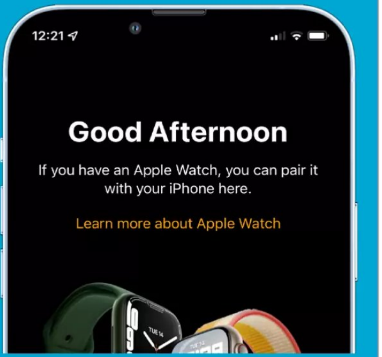
PAIRED

Ian's Apple Watch
45mm Case - Aluminium

Find My Apple Watch

Locate your Apple Watch, enable Lost Mode, or erase it using the Find My app.

Unpair Apple Watch



Good Afternoon

If you have an Apple Watch, you can pair it with your iPhone here.

Learn more about Apple Watch

1 First of all, unpair your Apple Watch from your iPhone. On the phone's Watch app, go to My Watch > All Watches and tap the 'i' icon next to the watch in question. Tap the Unpair link and confirm.

2 Pair your watch with your iPhone again (see the Getting started with Watch tutorial), and set it up as a new watch. Update the watch, then unpair it again. Finally, pair it and choose to Restore from Backup.

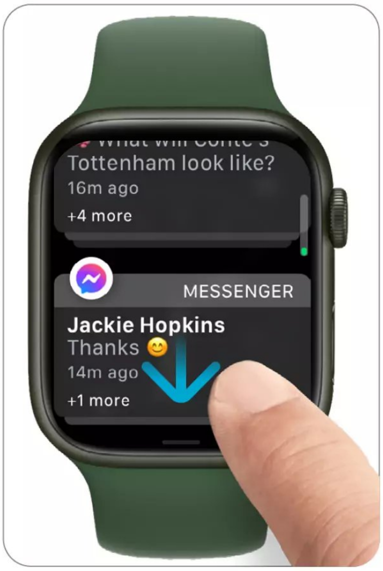
Watch Gestures and Buttons

Apple pioneered gestures with its touchscreen iPhone and iPad, and also with trackpad gestures used to interact with your Mac. It comes as no surprise then that Apple Watch also uses gestures, along with controls offered by the side button and the Digital Crown. Here we take a look at how to use those gestures to operate your watch and what they do.

Interacting With Your Watch

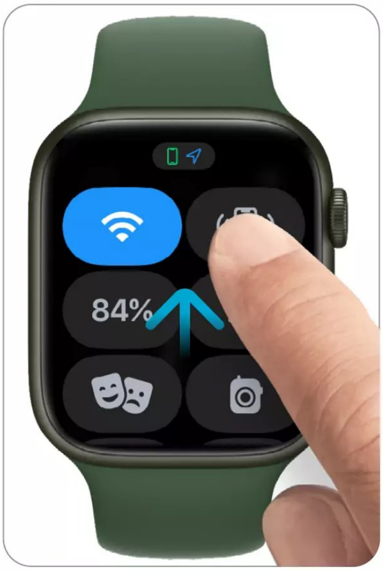
Although the gestures offered by the Apple Watch aren't as advanced or as comprehensive as those used in iOS devices or on the Mac, it's definitely worth taking a little time to familiarise yourself with these controls.

Swipe Down



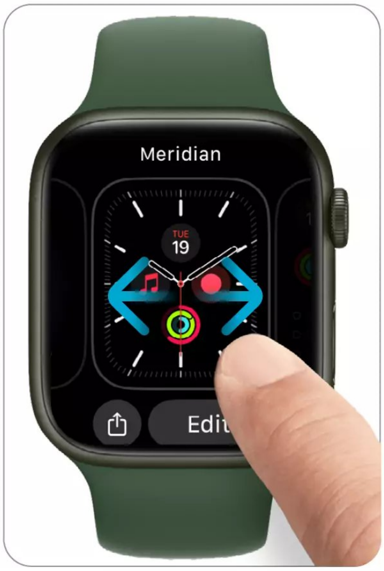
From the main watch screen, swipe down to access the Notification Screen. A red dot at the top of the watch face means you've unread notifications. To get back to the watch screen, swipe up again or press the Digital Crown.

Swipe Up



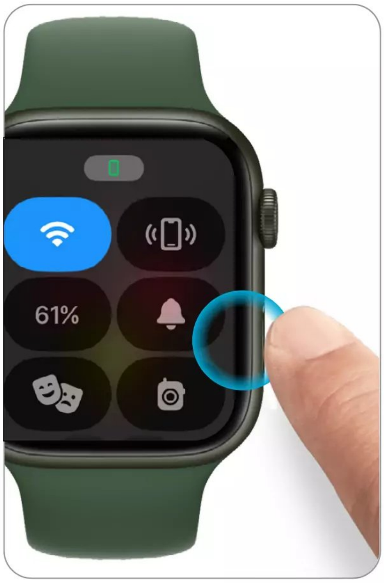
Swiping up from the watch face takes you to its Control Centre. This gives you quick access to controls that silence your watch, turn it into a flashlight, ping your iPhone, turn on Airplane or Theatre Mode and more.

Swipe Sideways



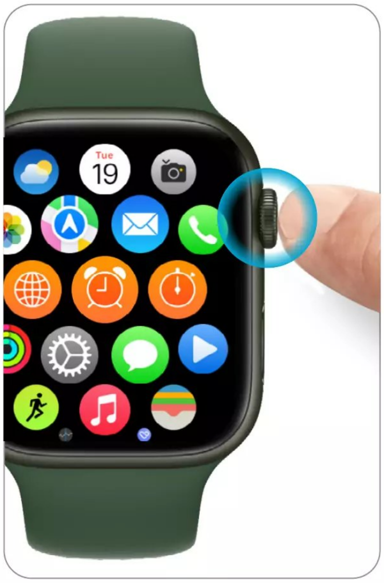
Tap and hold the screen to access the Watch Faces picker. You can then swipe them left and right to find one you like, tap a face to use it or tap Edit to set it up however you like, choosing complications.

The Side Button



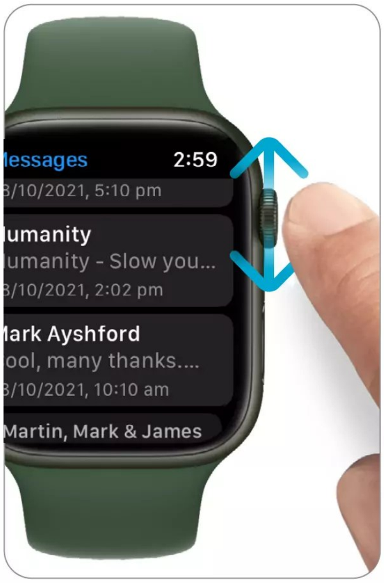
Since watchOS 10, pressing the Side Button gives access to the Control Centre. You can summon the Control Centre whether you're on the main watch face screen or using an app. Roll the Digital Crown to see more.

Press Digital Crown



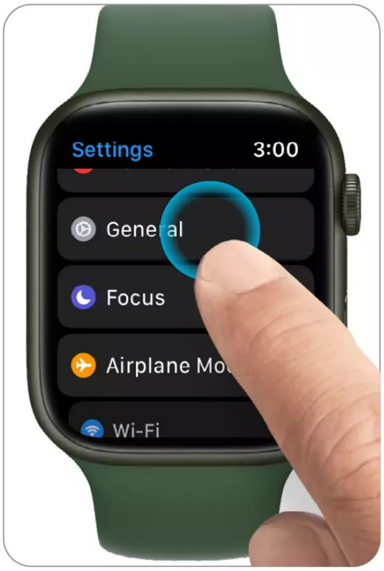
A single press on the Digital Crown takes you to the app screen and back. Turn the Digital Crown to see more app icons. Double pressing lets you access a carousel of recently used apps. Press and hold it for Siri.

Turn Digital Crown


lessages
2:59
3/10/2021, 5:10 pm
lumanity
lumanity - Slow you...
3/10/2021, 2:02 pm
lark Ayshford
ool, many thanks....
3/10/2021, 10:10 am
Martin, Mark & James

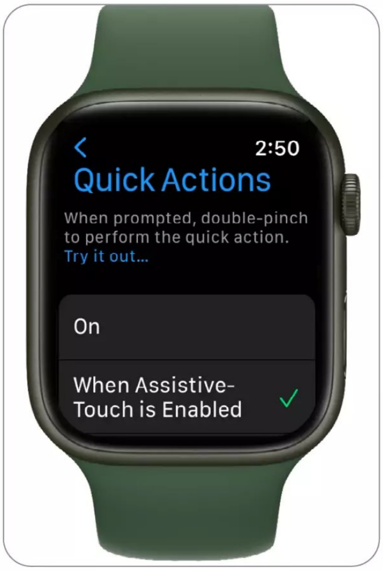
Turn the Digital Crown to scroll through menus, or to zoom in and out of a photo or map, like the iPhone's pinch gesture. It can also scroll through messages and emails, and if used on the watch face, access the Smart Stack.

Tap Screen


Settings
3:00
General
Focus
Airplane Mo
Wi-Fi

The Apple Watch has a touchscreen, so unsurprisingly, its most basic gesture is a simple tap. Do this to operate on-screen buttons and to select options. For example, tap an app icon on the home screen to open it.

Quick Actions


2:50
Quick Actions

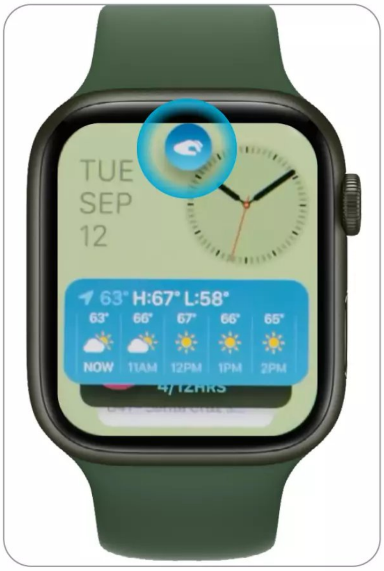
When prompted, double-pinch to perform the quick action.
Try it out...

On

When Assistive-Touch is Enabled ✓

When not in use, the Apple Watch's screen dims, or on older models turns off altogether, to save battery power. To wake it or bring it to full brightness, lift your wrist to your face, tap the screen or press any button.

Double Tap


TUE
SEP
12
63° H:67° L:58°
63° 66° 67° 66° 65°
NOW 11AM 12PM 1PM 2PM

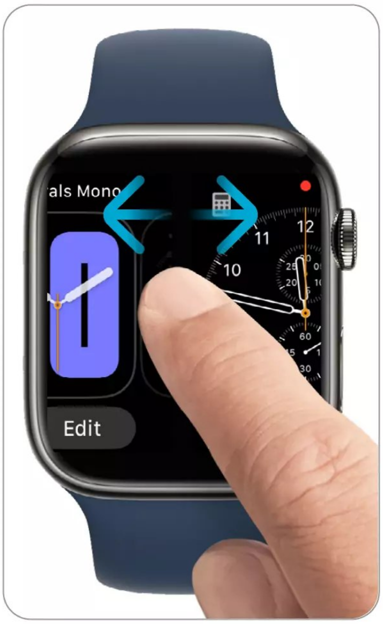
If you have a Series 9 Watch or an Ultra 2, you can use a new gesture. Tapping your thumb and forefinger together, without touching your watch, can answer a call, pause/play music, snooze an alarm, trigger your camera shutter and more.

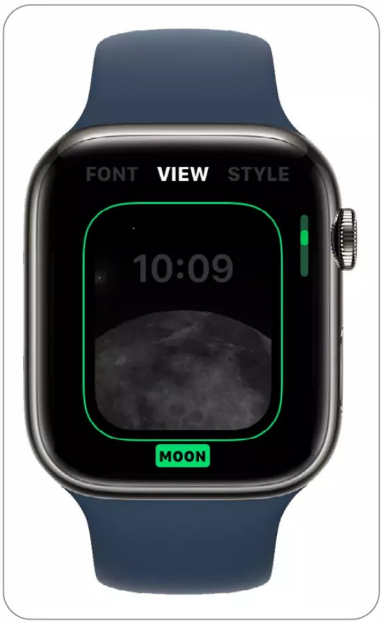
Customising the Watch Face

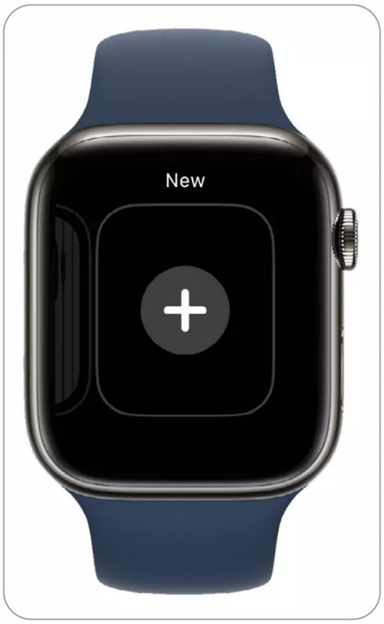
One of the best things about Apple Watch is you can change your watch face. If you get bored with the one you're using, swap it for another. Most of the faces on offer can be customised too, both cosmetically and on a practical level, changing the complications that draw information from Apple Watch's apps. Some faces aren't available on some older models.

Changing Your Watch Face

Changing and customising your watch face is easy. There are currently eleven unique faces to choose from, all of which can be customised, and two options to use your own photographs as a face for your Apple Watch.







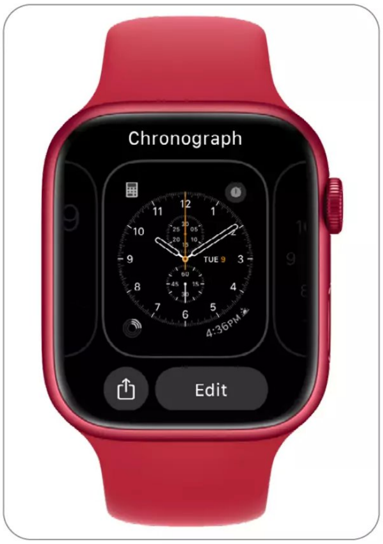
1 To cycle between available faces on your Apple Watch, deep press the watch face until the face picker screen appears, as seen above. Swipe left or right or turn the Digital Crown until you find the face you want.

2 Tap, hold and drag a watch face to reorder, drag one upwards and tap Remove to delete it. When you've chosen your watch face, tap it to use it, or tap the Edit button to get to the editing screen.

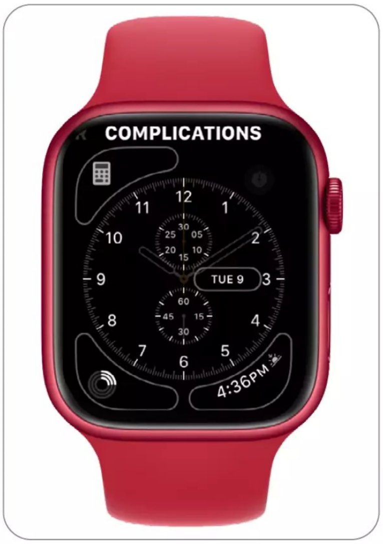
3 To add a new watch face, scroll/swipe all the way to the right and tap the Plus button. You can have up to 50 watch faces active at once – if the Plus button isn't there, you've reached that number.

Choosing and Using Complications

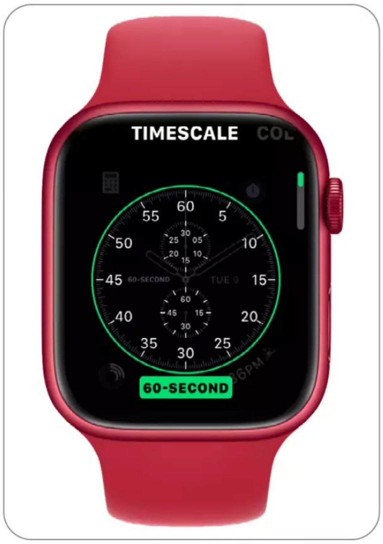
Complications are special features you can add to your watch face. Taking information from the watch's apps, they offer things like calendar appointments, the date and world time at a glance. Here's how to use them.


Chronograph
TUE 9
4:36PM
Edit

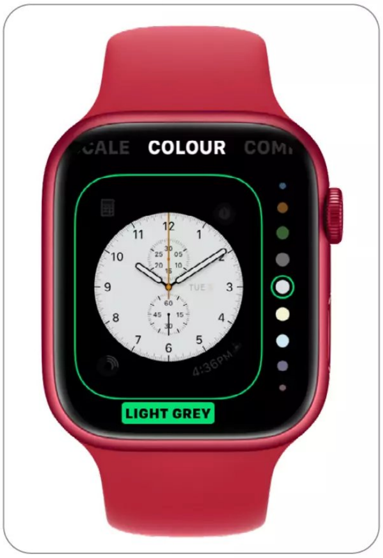
1 Complications give you information gleaned from Apple Watch apps at a glance, and also an easy way of opening the app that produced them. To edit your complications, first tap and hold the screen.


COMPLICATIONS
TUE 9
4:36PM

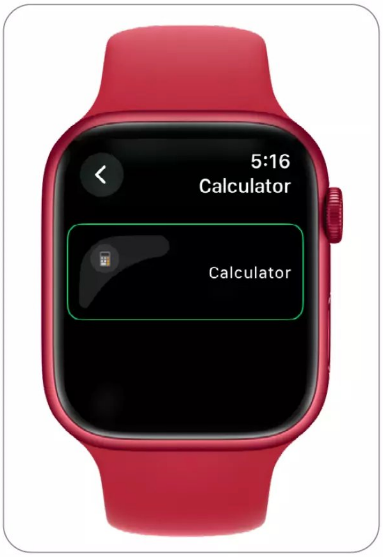
2 Tap the Edit button. Swipe left and right to see what you can customise. Scroll up and down using the Digital Crown to see the variations, in real time. Settle on the one you want.


TIMESCALE
COL
60-SECOND

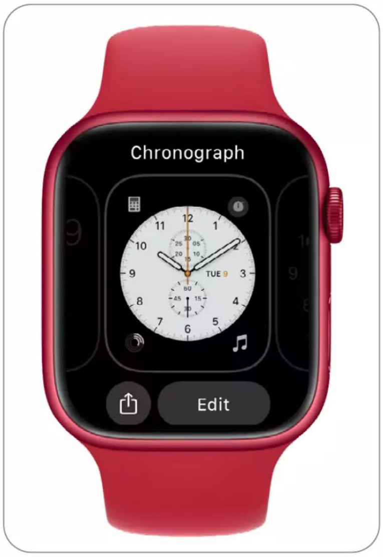
3 A lot of watch faces let you change various on-screen colours too. It could be as much as the entire background, or as little as a second hand, but you change it with the Digital Crown.


CALE
COLOUR
COM
LIGHT GREY

4 Swipe to the Complications screen. The Complications are outlined, so you can see where they are. The number of Complications and their position on the screen varies between watch faces.

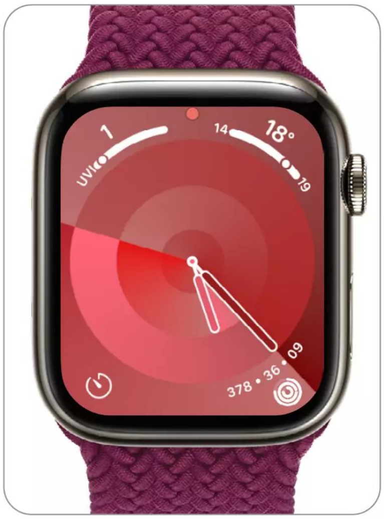

5:16
Calculator
Calculator

5 Tap one of the Complications on the watch face. You can change the app Complication by scrolling up and down with the Digital Crown. Complications are listed in alphabetical order.

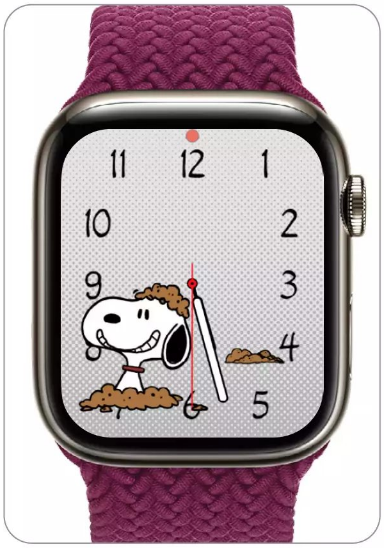

Chronograph
TUE 9
Edit

6 When you've finished, and the watch face is set up exactly how you want it, press the Digital Crown to go back to the Edit and Share screen. Tap the watch face (or press the Digital Crown), to use your new watch face.

Palette and Snoopy Faces

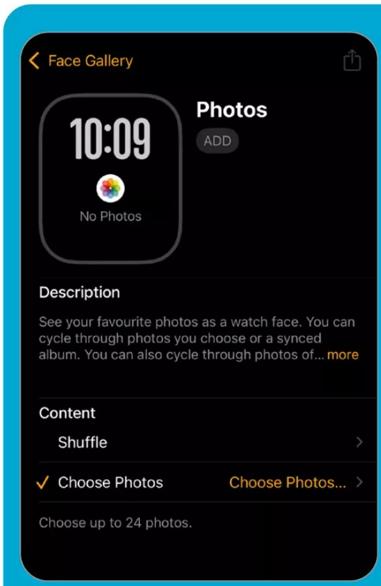


A couple of exciting new faces were added to the Apple Watch with the previous release of watchOS. The gorgeous Palette watch face uses three distinct overlapping layers. It changes colour over time, and there's a range of colours to choose from. It looks amazing on your wrist choose from. It looks amazing on your wrist.



The Snoopy face offers four clock designs, several colour options and interactive characters from the world-famous Peanuts cartoons. The characters interact with the watch hands, react to the weather and even work out with you when you're doing your exercise. They're great fun, and ideal for when you're not being serious.

Photos faces in watchOS 11



Photos

ADD

Description

See your favourite photos as a watch face. You can cycle through photos you choose or a synced album. You can also cycle through photos of... more

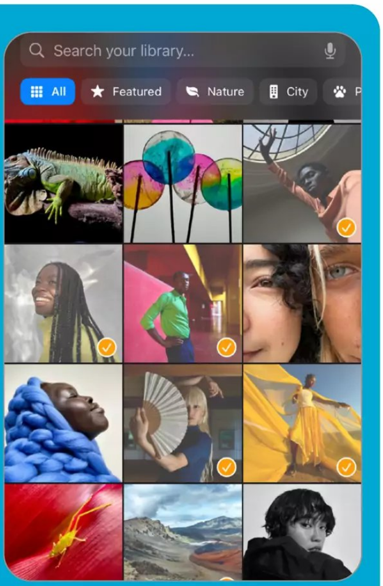
Content

Shuffle

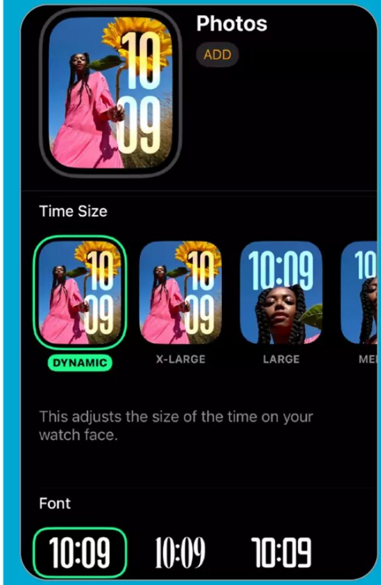
✓ Choose Photos — Choose Photos...

Choose up to 24 photos.

1 In the iPhone's Watch app, tap Face Gallery, then tap the Photos face. On the next page, in the Content section, choose Shuffle then the categories of pictures you want to shuffle. Tap Collection if you want to choose an album.



2 Alternatively, tap Choose Photos and navigate to the pictures you want to use as watch face photos. Tap all the pics you want to use; they're badged with a tick. When ready, tap Add in the top right corner of the screen.



Photos

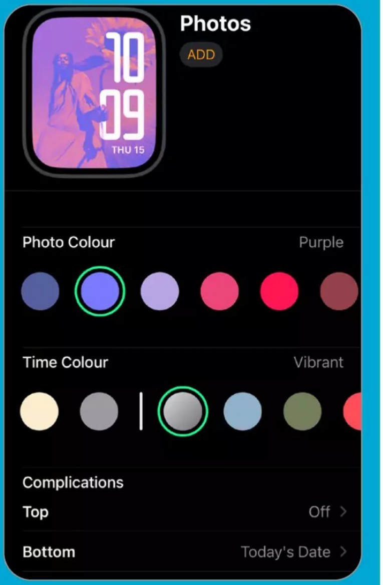
ADD

Time Size

This adjusts the size of the time on your watch face.

Font

3 Scroll up to the options you can use to customise your Photos watch face. You can choose a size for the time digits, make them a different font, use non-Arabic numerals, stylise the colour scheme change colours and more.



Photos

ADD

Photo Colour — Purple

Time Colour — Vibrant

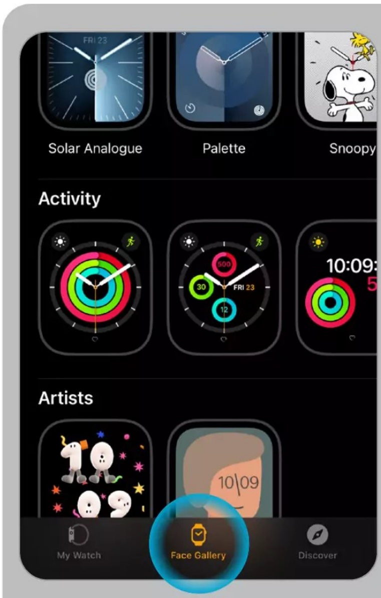
Complications

Top — Off

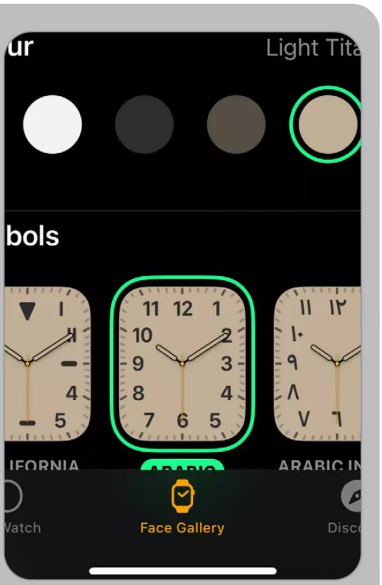
Bottom — Today's Date

4 At the foot of the screen, add complications if you wish. When you're done, tap Add and the photos face is added to your Apple Watch's faces range. The face cycles through pictures you chose, giving them all your new design.

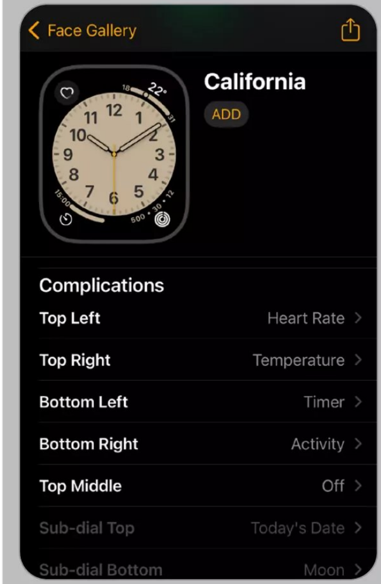
Editing on the iPhone


Solar Analogue
Palette
Snoopy
Activity
Artists
My Watch
Face Gallery
Discover

1 You might find it easier to edit new watch faces on your iPhone instead of directly on your Apple Watch. First of all, open the iPhone's Watch app, and tap the Face Gallery at the foot of the screen.


ur
Light Tita
bols
IFORNIA
ARABIC IN
atch
Face Gallery
Disc

2 Find a face you like, and tap it. You can then configure its style, changing things like the colour, symbols, dial design and more. The picture of the watch face at the top of the screen reflects these changes.


Face Gallery
California
ADD

Complications

Top Left Heart Rate

Top Right Temperature

Bottom Left Timer

Bottom Right Activity

Top Middle Off

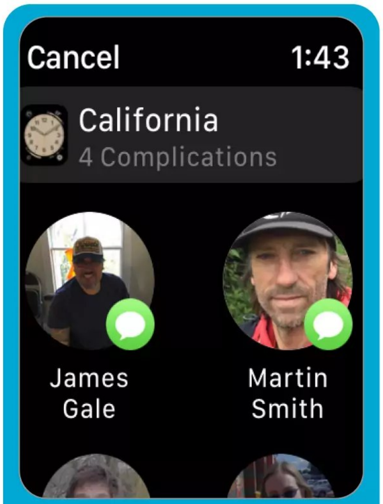
Sub-dial Top Today's Date

Sub-dial Bottom Moon

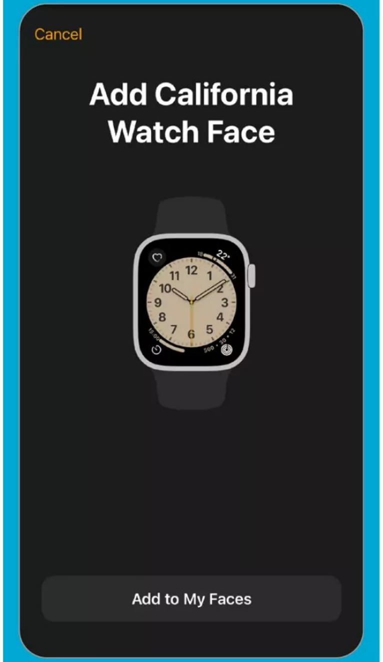
3 Scroll down the list of configurations to get to the Complications, which you can also set up here. The picture of the watch face remains at the top of the screen, so you can see your changes take effect.

4 When you're done, tap Add next to the watch face, atop the screen. The face is synced with those on your iPhone, and is automatically selected as your current watch face on your Apple Watch.

Sharing Watch Faces


Cancel
1:43
California
4 Complications
James Gale
Martin Smith

1 If you've designed an impressive watch face and want to share it with someone; on your Apple Watch, open the face in question, tap and hold the screen and then tap the Edit icon. You're invited to share using Messages and Mail.


Cancel
Add California Watch Face
Add to My Faces

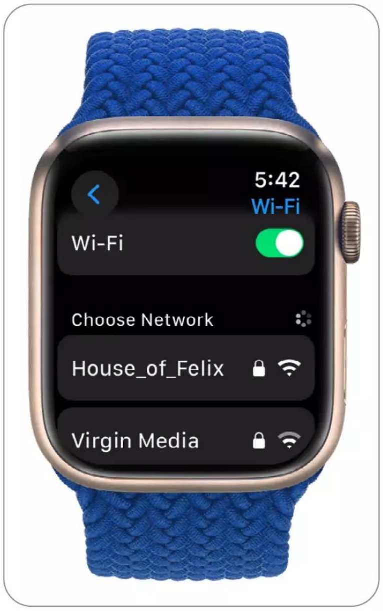
2 Choose one of the contacts offered, or scroll to the Messages and Mail icon, add a recipient and tap Send. The recipient gets a picture of the face. They can tap this picture and are then invited to add the face to their Apple Watch.

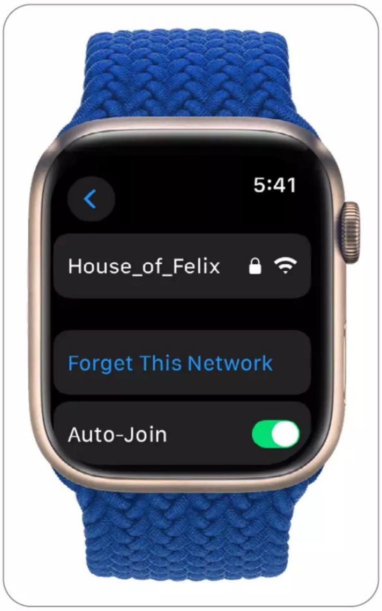
Wi-Fi and Bluetooth

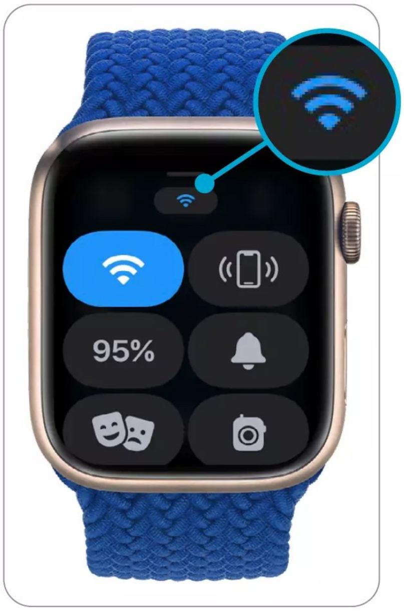
When your iPhone is nearby, your Apple Watch connects to it and gets its online connection through the phone, but if it isn't, your watch can connect to Wi-Fi itself. You can connect your Apple Watch directly to a 802.11b/g/n, 2.4 GHz Wi-Fi network, or even the faster, less crowded 5 GHz network if you have a Series 6 watch or later. Here's a guide to how.

Connecting to a Wi-Fi Network

Your watch is usually connected to your iPhone, but you can connect it directly to a 802.11b/g/n, 2.4 GHz Wi-Fi network if you wish, or even a 5 GHz network if you have a Series 6 watch or later. Here's how to go about it.



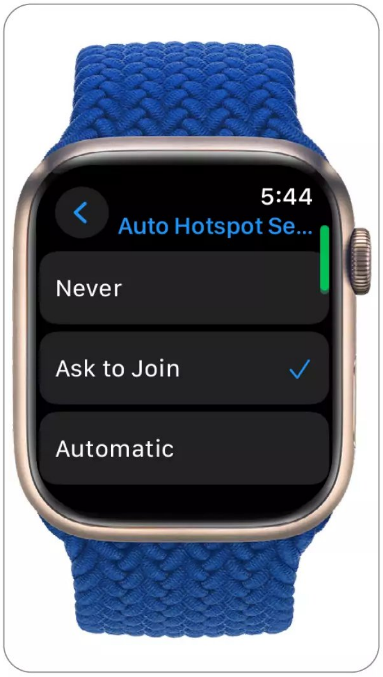




1 To find and join a Wi-Fi network, in the watch's Settings app, tap Wi-Fi. Make sure it's switched on (see the switch at the top of the page), then scroll up to find the network you want to join. Tap it, and if necessary, enter the network's Wi-Fi password. Tap Join.

2 To get your Apple Watch to forget a Wi-Fi network, so it won't automatically join, open the watch's Settings app and tap Wi-Fi. Use the Digital Crown to scroll until you see the network in question, tap it and scroll up to the Forget This Network button and tap it.

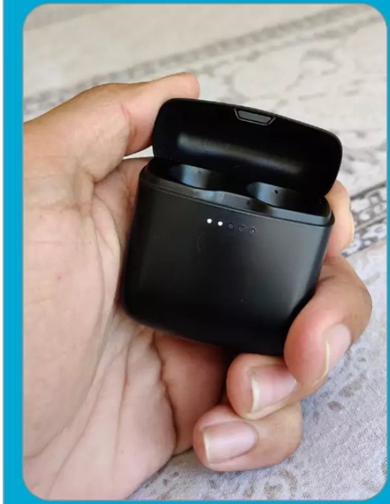
3 When your Apple Watch connects directly to a network instead of going through your iPhone, a Wi-Fi symbol appears atop the control centre. You cannot connect your Apple Watch to public networks that require logins, subscriptions or profiles.


5:44
Auto Hotspot Se...
Never
Ask to Join ✓
Automatic

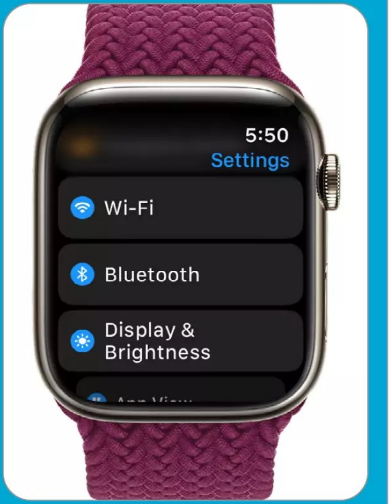
4 To adjust your Apple Watch's Auto Hotspot settings, go to Settings > Wi-Fi and at the bottom of the page, tap the button showing your current setting. Your Apple Watch can ask before joining a network you've previously been on, always join or never join.

Bluetooth Peripherals

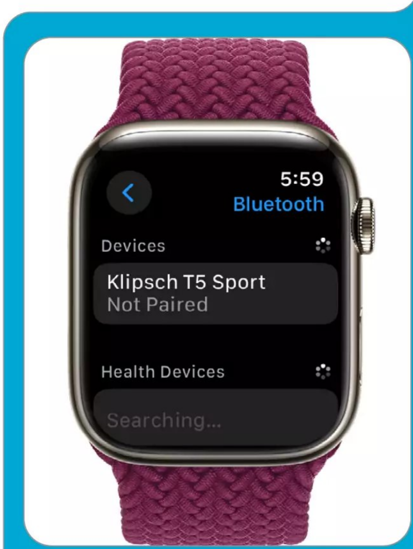
Connect your Apple Watch to Bluetooth peripherals, such as speakers, headphones and earbuds, to play audio straight from your watch.



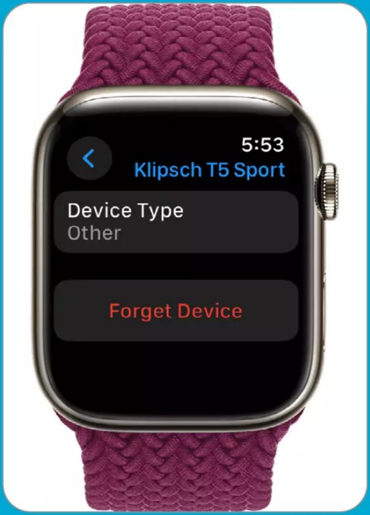
1 If you want to connect a device such as Bluetooth, earbuds, speakers or connected peripherals that record health information, first of all, dig out the instructions for the item in question and put it into pairing mode. It's usually fairly straightforward to do so.


5:50
Settings
Wi-Fi
Bluetooth
Display & Brightness

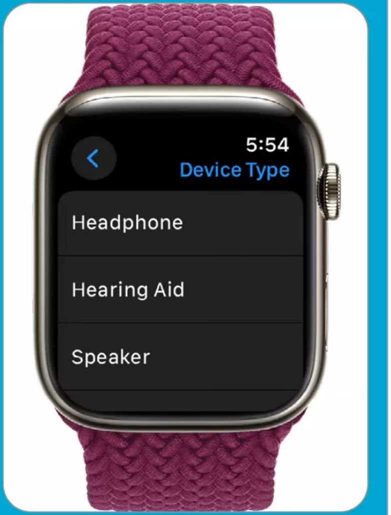
2 On your Apple Watch, open the Settings app and tap the Bluetooth option. Devices that are already paired with your Apple Watch are listed here. The watch searches for nearby Bluetooth gadgets that are in pairing mode; the one you're pairing should appear.


5:59
Bluetooth
Devices
Klipsch T5 Sport
Not Paired
Health Devices
Searching...

3 The new device appears on the screen, listed in the Devices or Health Devices section (it might take a while to appear). It should be listed as 'Not Paired'. Tap it, and the device is paired with your watch and connected to it via a Bluetooth connection.


5:53
Klipsch T5 Sport
Device Type
Other
Forget Device

4 To unpair a Bluetooth device from your Apple Watch, so it no longer connects to your watch when you switch it on, in Settings > Bluetooth tap the 'i' symbol next to the device you want to forget. Tap the Forget Device button and that device is no longer paired.


5:54
Device Type
Headphone
Hearing Aid
Speaker

5 If the Apple Watch has not correctly recognised the category of the device you've paired with it, open Settings > Bluetooth and tap the 'i' icon next to the device in question. On the next screen, you can choose which category of device it should be in.

The Watch Control Centre

You access the Control Centre by pressing your Apple Watch's Side Button. Watches running watchOS 9 or earlier open Control Centre by swiping up from the foot of the screen, which now gives you widgets.

Wi-Fi and Cellular

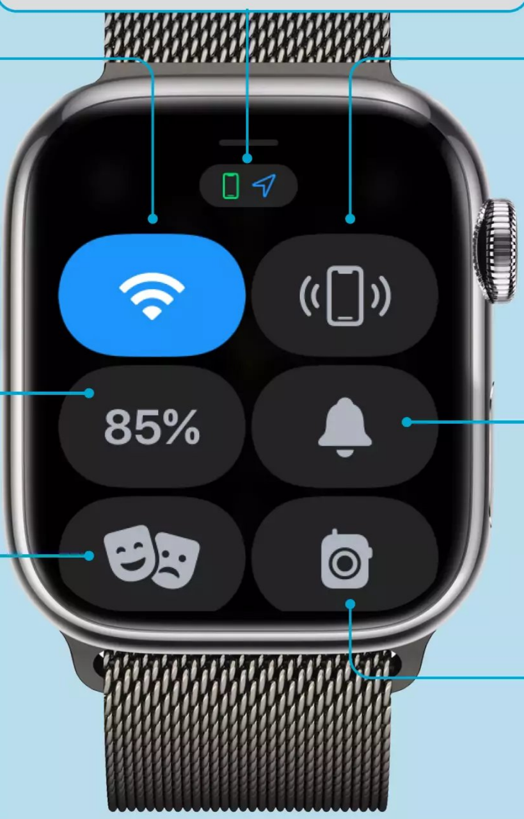
This icon, when lit, shows your watch has a current Wi-Fi connection. Tap it to turn Wi-Fi on and off. If your watch also has cellular connectivity, it's joined by another icon, showing a cellular mast. This is green when a cellular connection has been made. Again, tap it to turn it on and off.

iPhone and Location

The green icon here shows your watch is connected to your iPhone. The blue one shows it's seeking location information. Tap here to check up on this information. On an Apple Watch with Cellular connectivity, these icons are replaced with signal-strength bars. Swipe down from the feint line above these icons to close Control Centre.

Ping Your iPhone

If you've mislaid your iPhone, tap this icon and it makes a pinging noise. Follow your ears, and you should be able to find it again. In iOS 17, you can also ping your Apple Watch from the iPhone's Control Centre, if you add the Ping My Watch button in Settings > Control Centre.



83%
Battery Remaining

Battery Level

This shows your current battery level. Tap it for a screen with a slider that lets you put your watch into Power Reserve mode, which shuts down most of your watch's functions but lets you keep the time.

Silent Mode

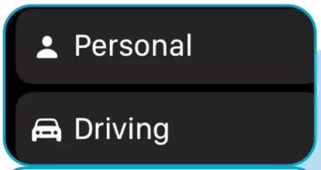
If you need some peace and quiet, perhaps because you're in a meeting or watching a movie and don't want to be interrupted, tap this icon to activate Silent Mode. It turns red and the bell is crossed out when it's active. Tap it again to turn off Silent Mode.

Theatre Mode

Stops the display turning on when you lift your wrist; it still lights up if you tap the crystal or press a button. Theatre Mode also turns on Silent Mode. When the watch is in Theatre Mode, this icon appears above the watch face too. The icon is orange when it's on; tap it again to turn it off.

Walkie-Talkie

Do you want to make yourself available for Walkie-Talkie calls? If so, tap this icon; it turns yellow. Tap it again to turn it off.



Personal

Driving

Choose a Focus

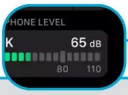
If you've set up a Focus on your iPhone, tap this icon and choose it on the next screen. Even if you haven't set up a Focus, you can still use the default ones such as Do Not Disturb and Driving. You can choose whether to keep your Focus on for an hour, until tomorrow morning or until you leave your current location. Alternatively, just turn it on, and tap the icon again to turn it off once more.

Airplane Mode

If you're flying, the airline might insist you use Airplane Mode for your iPhone and Apple Watch. This turns off Wi-Fi and cellular connections, to prevent them interfering with the aircraft's navigation instruments, but keeps Bluetooth turned on so you can still listen to your music. Tap the icon to turn the feature on and off, on both your iPhone and your Apple Watch. When it's on, an airplane appears on your watch face.

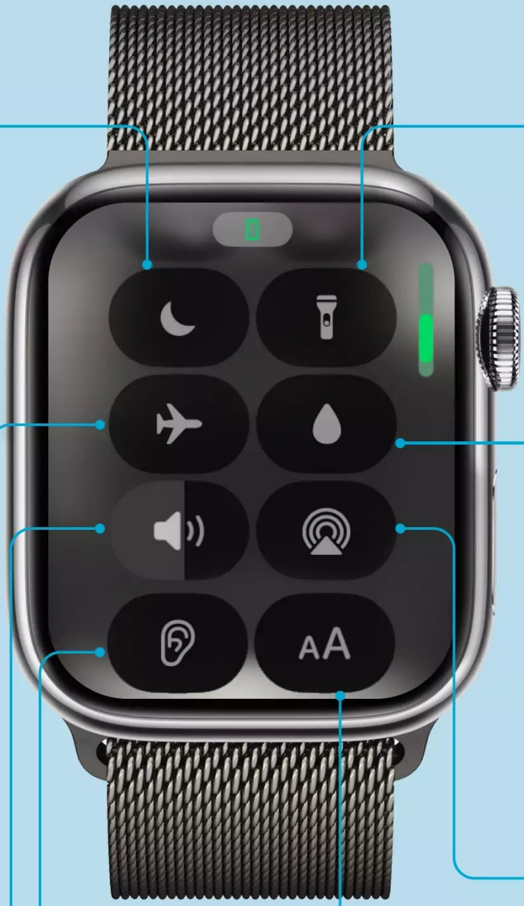
Volume Control

Tap here for a slider that controls your watch's volume. Adjust it by swiping up and down on the screen or using the Digital Crown.



Check Headphone Volume

If you're listening to music through your headphones on your Apple Watch, this icon shows a green tick. Tap it and you get a screen that lets you adjust the headphones' volume, and also checks it's not too loud. You can limit the maximum headphone volume in Apple Watch's Settings.



Text Size

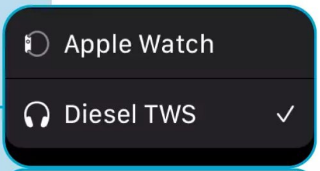
To change the size of the text, tap here and either tap the buttons marked 'AA' or use the Digital Crown.

The Torch

Tap the Torch and your screen turns white, with the screen set to maximum brightness. You can then use your watch as a rudimentary torch. Swipe right for a flashing light, and again for a red one. Swipe down to turn the feature off and return to the watch face.

Water Lock

If you go swimming in your Apple Watch, tap this icon to activate the watch's Water Lock to lock your screen and prevent accidental taps. This function is automatically activated if you start a Swimming workout. When you've finished, turn your Digital Crown to expel the water from your speaker port and unlock your watch.



Apple Watch

Diesel TWS ✓

Audio Output

If you want to switch your watch's audio output to a connected Bluetooth audio device such as speakers or earbuds, or if you want to connect it to such a device, tap this icon. You can choose an audio output source from connected devices listed on the Audio screen, or tap Connect a Device to make a new bluetooth connection.

Edit Control Centre

Swipe all the way to the bottom of the Control Centre to see the Edit button at the foot of the icons. Tap it and you can edit your Control Centre. To remove an item from the Control Centre, tap the red cross next to it. To add a feature that isn't currently in there, tap its green tick. Items you've removed can be added again later.

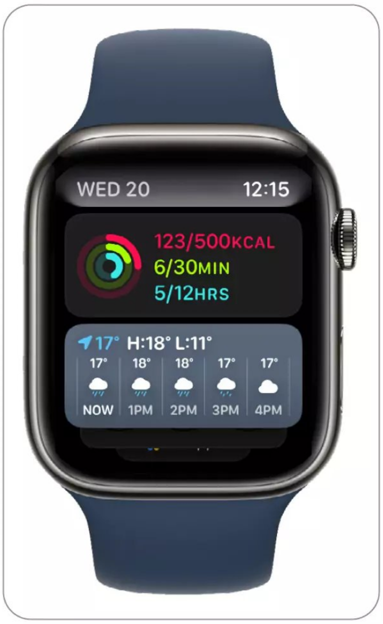
The Widgets Smart Stack

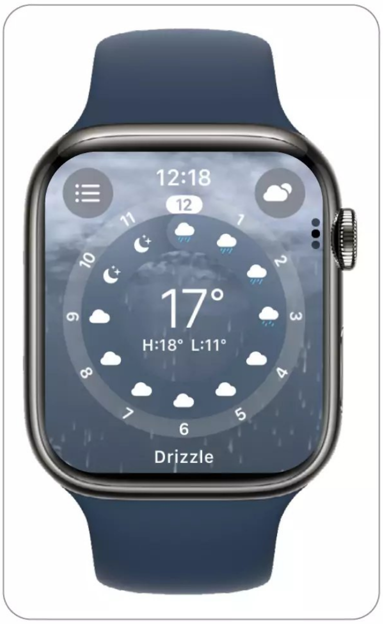
The Widgets Smart Stack is even smarter in watchOS 11. To access the widgets screen, either turn the Digital Crown upwards from the time screen, or swipe up from the bottom of the screen, a gesture that used to summon the Control Centre. You can navigate through the widgets using the Digital Crown or upward swipes, and edit them too. Here's how it all works.

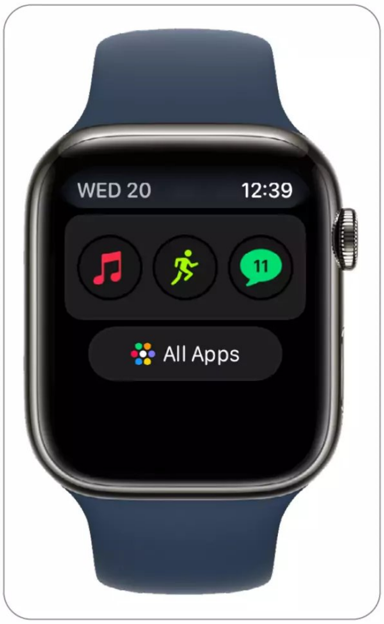
WED
20
SEP
Wed, 20 Sep
No events today
Your day is clear

Using the Widgets Smart Stack

The Widgets Smart Stack gives easy access to important apps and information on your Apple Watch. It's dynamic, so information displayed on the widgets is constantly updated so it's always fresh and new.


WED 20
12:15
123/500KCAL
6/30MIN
5/12HRS
17° H:18° L:11°
17° 18° 18° 17° 17°
NOW 1PM 2PM 3PM 4PM


12:18
17°
H:18° L:11°
Drizzle


WED 20
12:39
11
All Apps

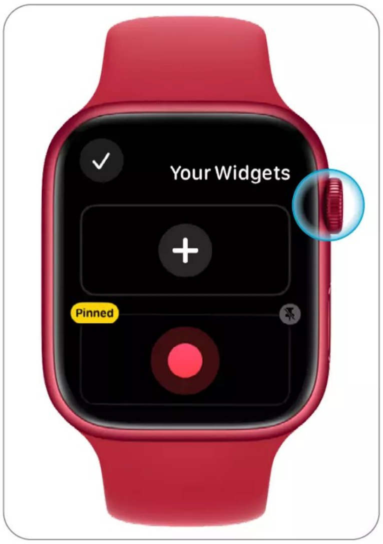
1 From the time screen, open the Widgets Smart Stack by swiping up from the foot of the screen or turning the Digital Crown upwards, Swipe or turn further to cycle through the widgets that are currently there.

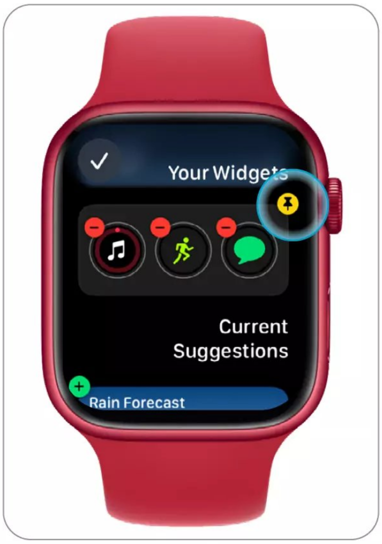
2 Each widget gives you information gleaned from its parent app. If you tap a widget, you open the app from which this information is taken. Here, for example, we tapped the Weather widget.

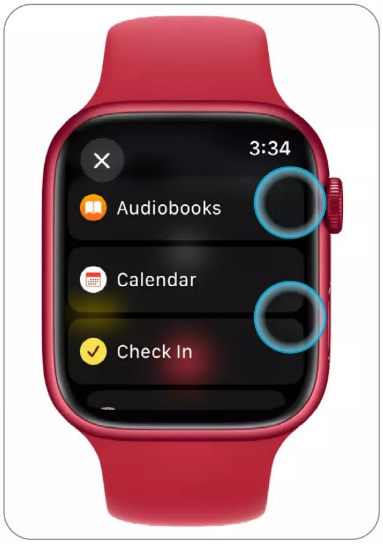
3 Scroll or swipe the widgets all the way up, and you see this, a Complications widget that gives access to three apps (tap one to open it), and a link that takes you to the main Apps screen with all the apps on.

Configuring Your Widgets

Using machine learning, the order of the widgets changes according to your predicted needs at any given time of the day. But you can reorder, edit and reconfigure the Widgets Smart Stack manually too.


Your Widgets
+
Pinned

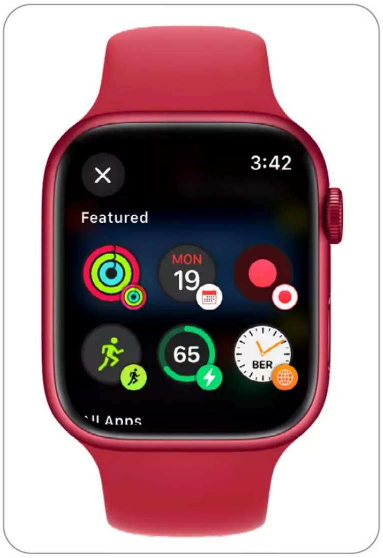

Your Widgets
Current
Suggestions
Rain Forecast

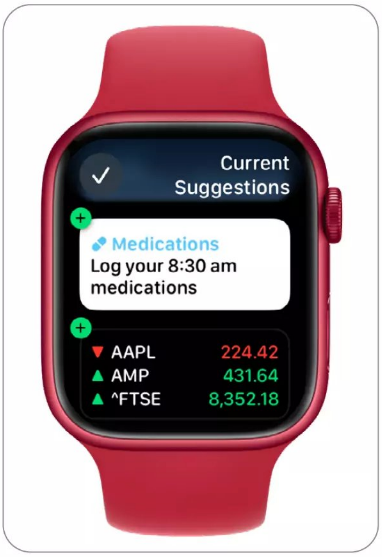

3:34
Audiobooks
Calendar
Check In

1 Swipe up or turn the Digital Crown up to get to the widgets. Long press on one to enter editing mode. Move a widget up and down to reorder, or tap the minus icon to remove.

2 You can still scroll through the widgets using a swipe or the Digital Crown when in editing mode. The yellow pin icon (top right corner) moves a widget to the top of the stack.

3 To add a new widget, tap the Plus icon at the top of the screen. You're shown some featured widgets, then a list of apps on your watch. Tap one to add it to the Smart Stack.


3:42
Featured
MON
19
65
BER
ll Apps


Current
Suggestions
Medications

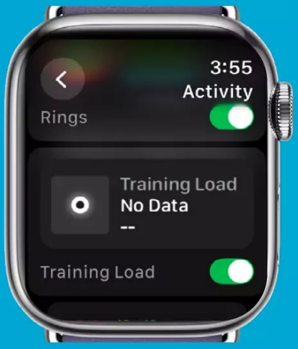
Log your 8:30 am medications

AAPL 224.42
AMP 431.64
^FTSE 8,352.18

4 You can edit the Complications row too. Get the widgets into editing mode, then scroll to the Complications widget. Tap the minus sign to delete one, then the plus sign that replaces it to choose a new one.

5 When you've finished, come out of editing mode by tapping the Tick button in the top left corner of the screen, or by pressing the Digital Crown. You remain on the Widgets screen.

New in watchOS 11

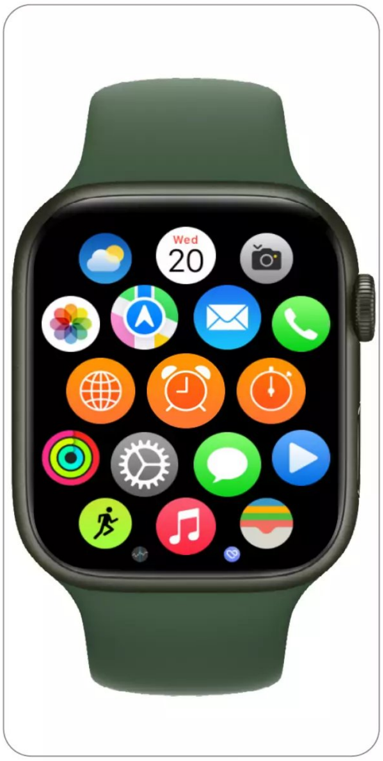

3:55
Activity
Rings
Training Load
No Data
--
Training Load

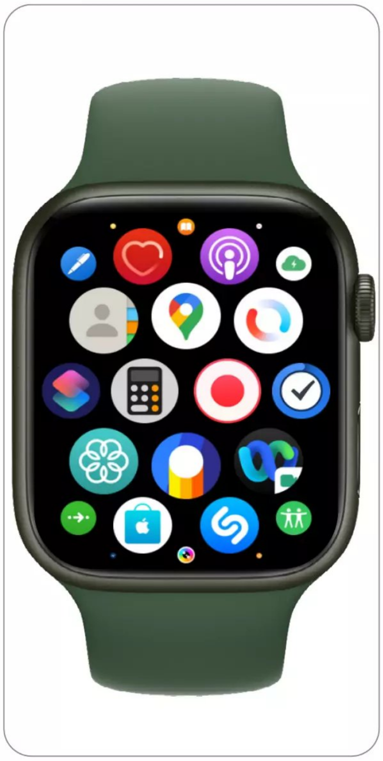
In watchOS 11, the Smart Stack is even smarter. The widgets in your stack change over time according to your needs. If it's about to rain, for example, the Weather widget is promoted to the top of the stack.

The three apps you've recently used are stacked as widgets. There are new features such as Training Load in the Activity widget, and new widgets for Photos, Shazam, Translation, Vitals and more.

The Watch's Home Screen

The Home screen, also known as the App Switcher, is at the heart of your Apple Watch. It's from here you can launch your watch's built-in and third-party apps, and rearrange the order in which they appear. You can set your Home screen in Grid View or List View, and also delete Apple Watch apps directly from the App Switcher. Here's how to use and customise it.

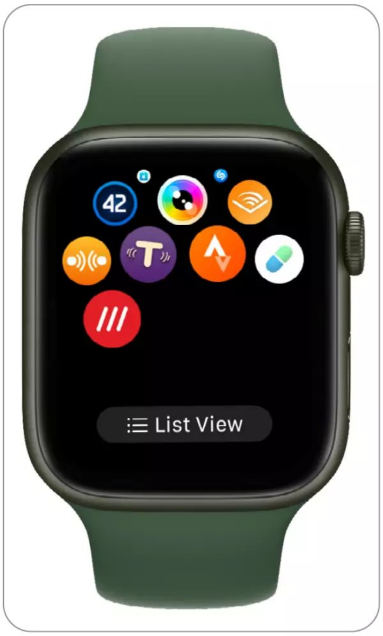


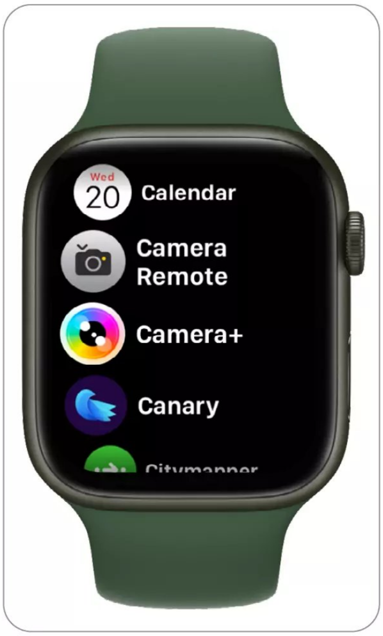


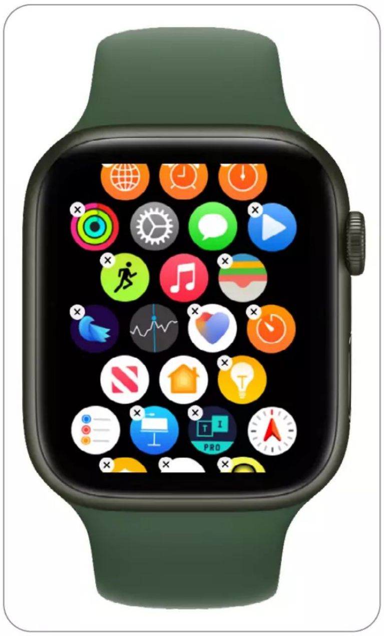
1 Opening your Apple Watch's App Switcher is easy. Just press the Digital Crown button and you're taken straight there. You can then drag the app icons up and down the screen with your finger or by turning the Digital Crown, which lets you look for the icon representing the app you wish to open.

2 When you have brought the application you wish to open into view, simply tap on its icon to launch it. To close it again and get back to the App Switcher screen, press the Digital Crown once more. From the Home screen, press the Digital Crown again to get back to the watch face.

3 In watchOS 10, the app icons in this Grid View are arranged fill the width of the screen, but no further. This means you only have to scroll the grid up and down when looking for an app icon, instead of up, down, left and right which you had to do in older versions of watchOS.



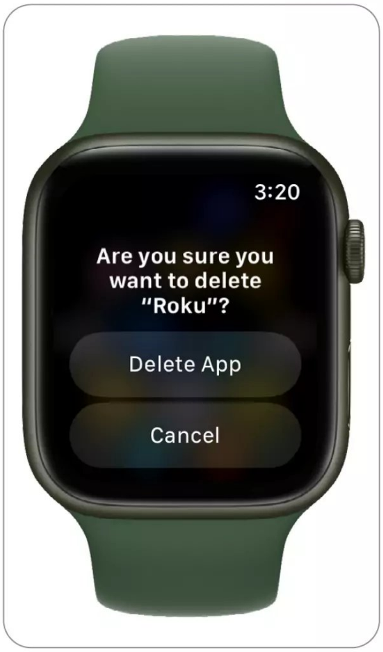




4 Scroll all the way to the bottom and you see an option to switch to List View. Tap it to change the way the apps are displayed. In List View, the option here is to change back to Grid View.

5 If you use your Home screen in List view, you can scroll up and down the list of applications using the Digital Crown or your finger. The apps are listed in alphabetical order, so it's easy to find the one you want.

6 If you want to delete some apps from your Apple Watch, first of all, tap and hold the Home screen (whether in Grid or List view). The apps wobble, and some have a small 'x' in their top-right.

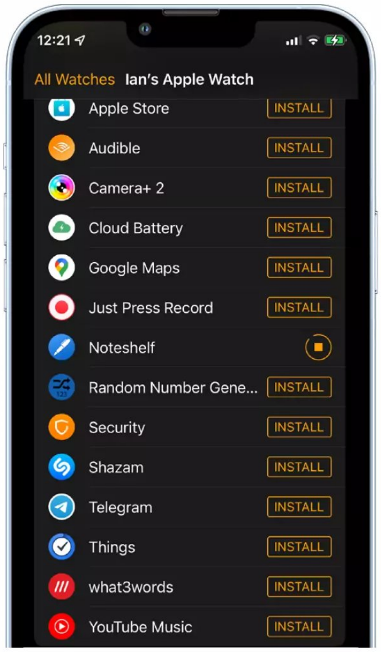


3:20

Are you sure you want to delete "Roku"?

Delete App

Cancel



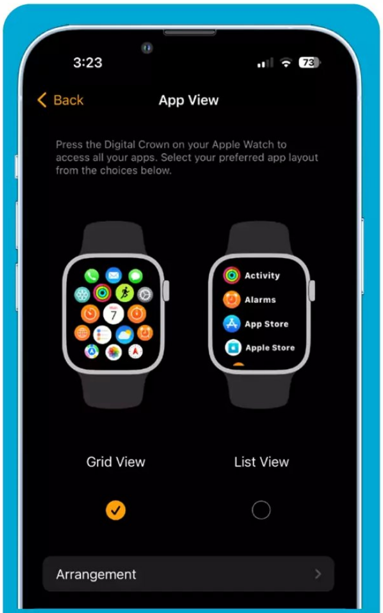
12:21

All Watches Ian's Apple Watch

Apple Store INSTALL
Audible INSTALL
Camera+ 2 INSTALL
Cloud Battery INSTALL
Google Maps INSTALL
Just Press Record INSTALL
Noteshelf ■
Random Number Gene... INSTALL
Security INSTALL
Shazam INSTALL
Telegram INSTALL
Things INSTALL
what3words INSTALL
YouTube Music INSTALL

7 To delete an app, tap its 'x' icon and choose Delete App or Cancel. Only apps showing an 'x' can be deleted. You can reposition apps by dragging them into a new place on the screen too.

8 In your iPhone's Watch app, if you want to reinstall an app you've deleted, open the My Watch tab and scroll down to the apps that aren't installed. Find the one you want and tap its Install button.



3:23

Back App View

Press the Digital Crown on your Apple Watch to access all your apps. Select your preferred app layout from the choices below.

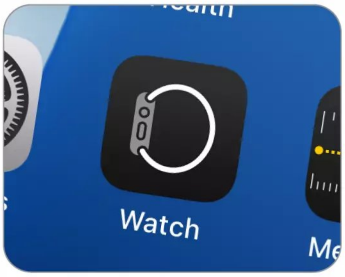
Grid View ● List View ○

Arrangement

You might also find it easier to configure your Home screen on the iPhone's Watch app. In the My Watch tab, tap App View and choose Grid or List View. In Grid View, tap Arrangement and you can tap and hold an app icon, and drag it into a new position in the grid.

Using the iPhone's Watch App

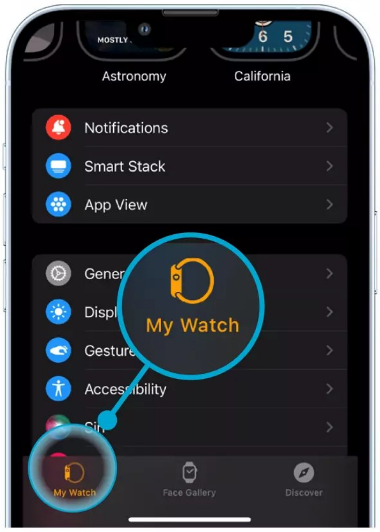
The Watch app on your iPhone is an essential part of your Apple Watch experience. You use it to set up and configure your Apple Watch, change its settings and generally customise it to suit your needs. Some of the settings and options are self explanatory, so here we'll give an overview of the more complex ones. Don't be afraid to experiment, and above all, have fun.



The Three Tabs

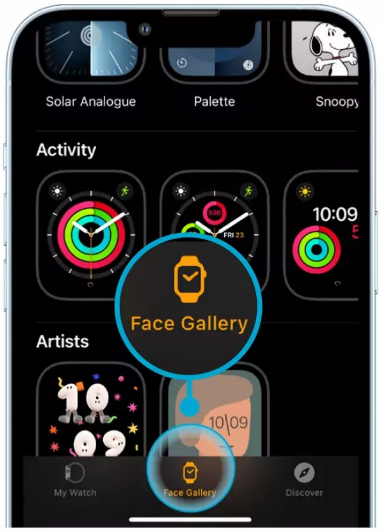
Along the foot of the screen there are three tabs; My Watch, Face Gallery and Discover. Most of the settings and options you need to know about are in the My Watch section, found in the bottom-left corner.

My Watch


Astronomy
California
Notifications
Smart Stack
App View
General
Display
Gestures
Accessibility
My Watch
Face Gallery
Discover

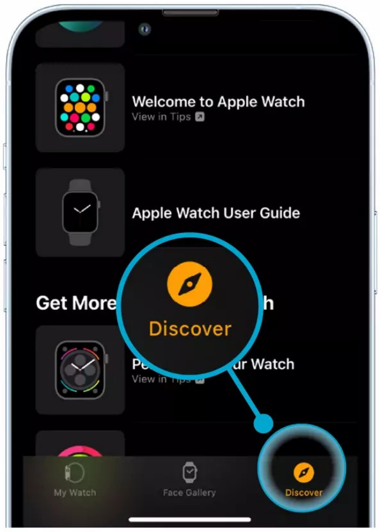
My Watch is the heart of the Watch app, and it's here you change its settings and configure its various features. As well as the watch's core functions, you can also edit your watch faces, configure the preinstalled apps and also install third-party apps on your Apple Watch.

Face Gallery


Solar Analogue
Palette
Snoopy
Activity
10:09
Artists
Face Gallery
My Watch
Discover

Here you can review all the watch faces currently available for your Apple Watch. Tap one and configure it, then tap the Add button at the top of its screen to add it to the range of faces you can use on your watch. It's easier than creating faces on the watch itself.

Discover

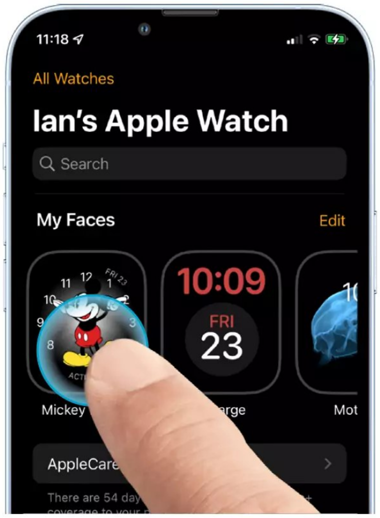

Welcome to Apple Watch
View in Tips
Apple Watch User Guide
Get More
Discover
My Watch
Face Gallery

The Discover section of the Apple Watch app offers tips on how to use your watch. Tap one of the guides, and it opens. Some open in the Tips app, some in Safari and the Explore Watch Apps option opens in the App Store, showing you apps available for your watch.

The My Watch Tab

The rest of this tutorial investigates and explains the various options and configurations available through the app's My Watch tab, which is accessed by tapping the icon in the bottom-left corner of the Watch app's screen.

My Faces



All Watches

Ian's Apple Watch

Search

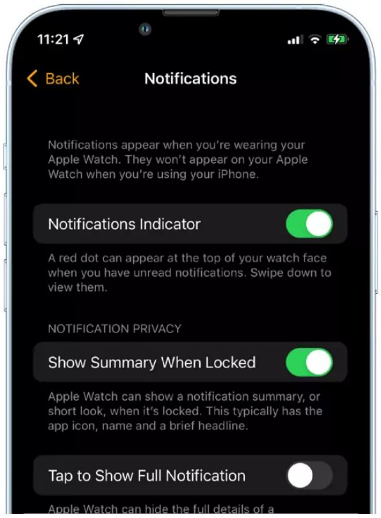
My Faces Edit

AppleCare

There are 54 day

These are the watch faces you currently have set up. Tap one of them and you can edit and configure it, or change its complications. Tap the Edit link and you can reorder or delete them.

Notifications



Back Notifications

Notifications appear when you're wearing your Apple Watch. They won't appear on your Apple Watch when you're using your iPhone.

Notifications Indicator ●

A red dot can appear at the top of your watch face when you have unread notifications. Swipe down to view them.

NOTIFICATION PRIVACY

Show Summary When Locked ●

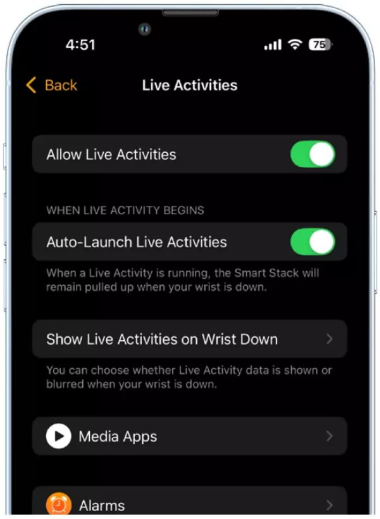
Apple Watch can show a notification summary, or short look, when it's locked. This typically has the app icon, name and a brief headline.

Tap to Show Full Notification ○

Apple Watch can hide the full details of a

Under Notifications you can make configurations, including turning off the red dot indicating a notification has arrived. You can configure app notifications on a per-app basis too.

Smart Stack



Back Live Activities

Allow Live Activities ●

WHEN LIVE ACTIVITY BEGINS

Auto-Launch Live Activities ●

When a Live Activity is running, the Smart Stack will remain pulled up when your wrist is down.

Show Live Activities on Wrist Down >

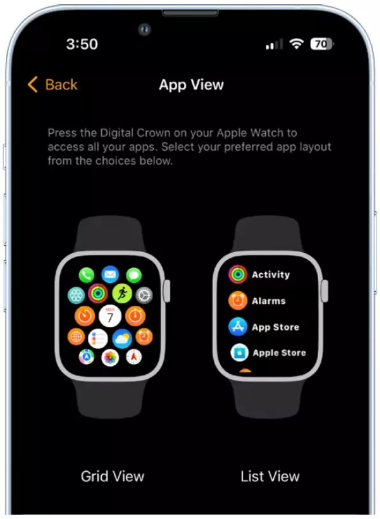
You can choose whether Live Activity data is shown or blurred when your wrist is down.

Media Apps >

Alarms >

Here you find a range of options to do with the Apple Watch Smart Stack, which we covered earlier. You can allow Live Activities in widgets, choose launch options and more.

App View



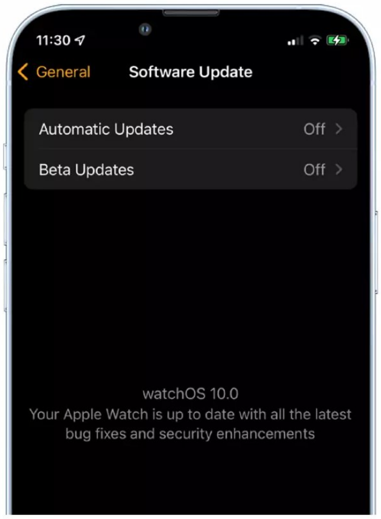
Back App View

Press the Digital Crown on your Apple Watch to access all your apps. Select your preferred app layout from the choices below.

Grid View List View

You can change the way apps are arranged on your Apple Watch. By default they're in Grid View, but you can change this to a List View. Tap Arrange to reorder the Grid View.

Software Update



General Software Update

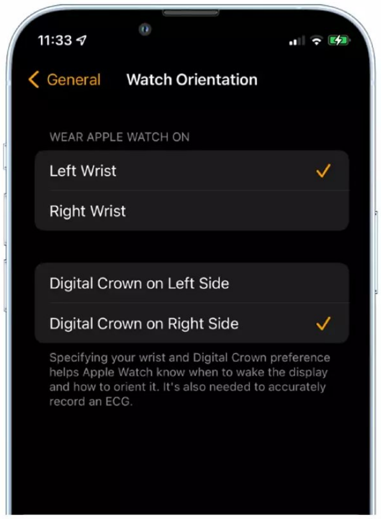
Automatic Updates Off >

Beta Updates Off >

watchOS 10.0
Your Apple Watch is up to date with all the latest bug fixes and security enhancements

In General > Software Update, you can check to see if there's an update to watchOS you can install on your watch. You can also opt to download updates automatically, instead of checking.

Watch Orientation



General Watch Orientation

WEAR APPLE WATCH ON

Left Wrist ✓

Right Wrist

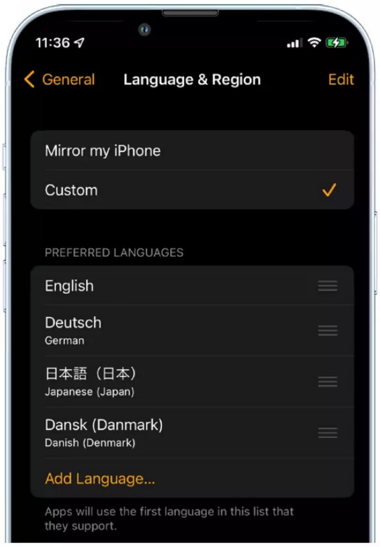
Digital Crown on Left Side

Digital Crown on Right Side ✓

Specifying your wrist and Digital Crown preference helps Apple Watch know when to wake the display and how to orient it. It's also needed to accurately record an ECG.

Do you wear your Apple Watch on your left wrist or your right? Do you prefer the Digital Crown to be on the left side or the right side? You can choose in General > Watch Orientation.

Language & Region



11:36

General | Language & Region | Edit

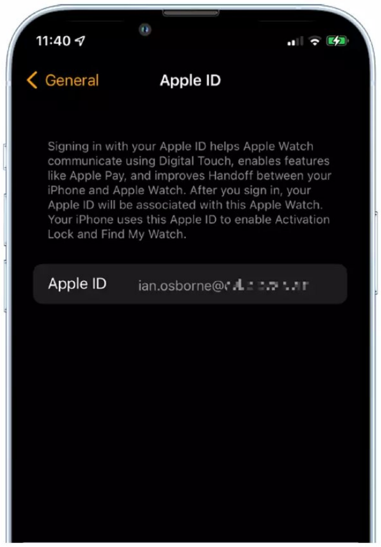
Mirror my iPhone
Custom ✓

PREFERRED LANGUAGES
English
Deutsch
German
日本語（日本）
Japanese (Japan)
Dansk (Danmark)
Danish (Denmark)
Add Language...

Apps will use the first language in this list that they support.

You can set up what language or languages are used on your Apple Watch, choose what region you're using it in and set the calendar. Choose 'Mirror Apple Watch' and the watch's settings are the same as those on your iPhone. Tap Edit to remove languages.

Apple ID



11:40

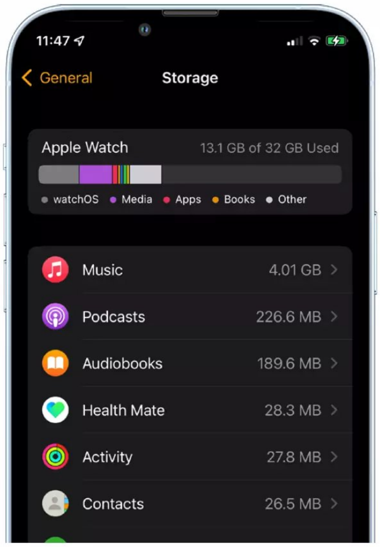
General | Apple ID

Signing in with your Apple ID helps Apple Watch communicate using Digital Touch, enables features like Apple Pay, and improves Handoff between your iPhone and Apple Watch. After you sign in, your Apple ID will be associated with this Apple Watch. Your iPhone uses this Apple ID to enable Activation Lock and Find My Watch.

Apple ID ian.osborne@[redacted]

Signing into your Apple ID on your Apple Watch is essential for many of its features, functions and apps. If you're not signed in, do so in General > Apple ID. Enter the email address that you use for your Apple ID, and then type your password to sign in.

Storage



11:47

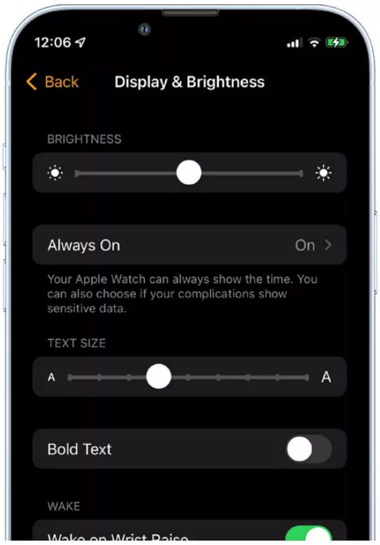
General | Storage

Apple Watch 13.1 GB of 32 GB Used
● watchOS ● Media ● Apps ● Books ● Other

Music	4.01 GB
Podcasts	226.6 MB
Audiobooks	189.6 MB
Health Mate	28.3 MB
Activity	27.8 MB
Contacts	26.5 MB

Another Useful option available in the General section is Storage. Here you can see how much space you have left on your Apple Watch, and get a breakdown on how much each app is taking up. Tap an app to see the space taken by the app itself and its data.

Display & Brightness



12:06

Back | Display & Brightness

BRIGHTNESS

Always On On

Your Apple Watch can always show the time. You can also choose if your complications show sensitive data.

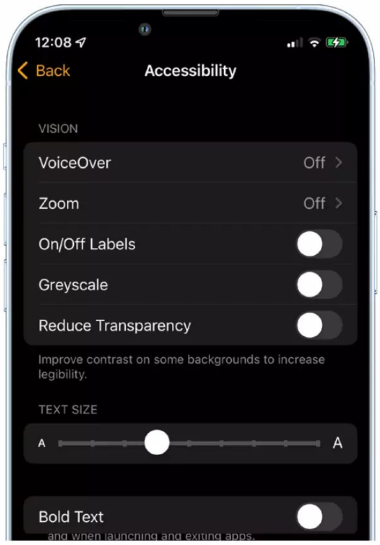
TEXT SIZE

Bold Text ○

WAKE
Wake on Wrist Raise ●

Under the Display & Brightness option, you can set the brightness of your Apple Watch's screen and the size of its text using the sliders. You can also make all displayed text bold and set when it wakes and how long it wakes for; and modify always-on features.

Accessibility



12:08

Back | Accessibility

VISION
VoiceOver Off
Zoom Off
On/Off Labels ○
Greyscale ○
Reduce Transparency ○

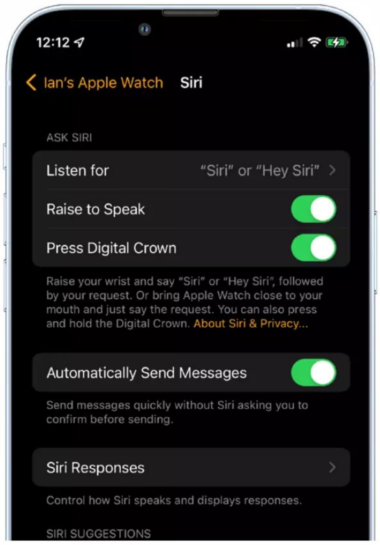
Improve contrast on some backgrounds to increase legibility.

TEXT SIZE

Bold Text ○
and when launching and exiting apps.

Accessibility options are off by default, but if you have an impairment, check this section. There are several things you can modify to make using your watch easier if you have a hearing, visual or motor impairment. You can even set up an Accessibility Shortcut.

Siri



12:12

Ian's Apple Watch | Siri

ASK SIRI
Listen for "Siri" or "Hey Siri"
Raise to Speak ●
Press Digital Crown ●

Raise your wrist and say "Siri" or "Hey Siri", followed by your request. Or bring Apple Watch close to your mouth and just say the request. You can also press and hold the Digital Crown. About Siri & Privacy...

Automatically Send Messages ●

Send messages quickly without Siri asking you to confirm before sending.

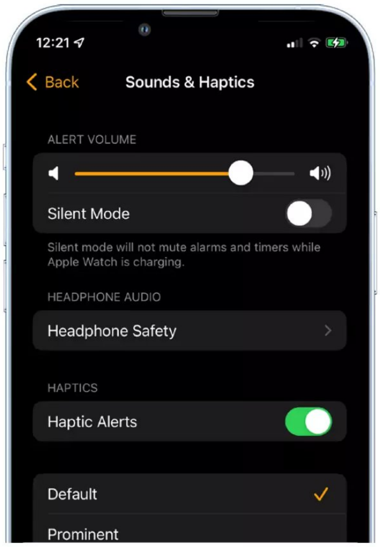
Siri Responses

Control how Siri speaks and displays responses.

SIRI SUGGESTIONS

Siri is Apple's personal digital assistant, and it's built into your Apple Watch as well as your iPhone. Here you can choose whether to say 'Hey Siri', just 'Siri' or neither to wake the digital assistant as well as a host of other set-up tweaks and customisations.

Sounds & Haptics



Sounds & Haptics

ALERT VOLUME

Silent Mode

Silent mode will not mute alarms and timers while Apple Watch is charging.

HEADPHONE AUDIO

Headphone Safety

HAPTICS

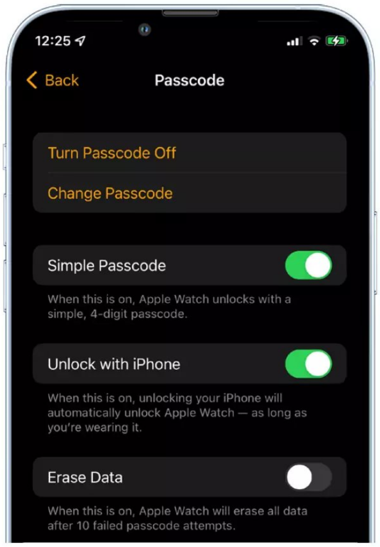
Haptic Alerts

Default ✓

Prominent

This section lets you configure your watch's sounds, and also its haptics, that is its vibration feedback. Set the alert volume, put it into Silent Mode, turn haptics on and off and set their level, and more. You can cover your watch with your hand to silence alerts too.

Passcode



Passcode

Turn Passcode Off

Change Passcode

Simple Passcode

When this is on, Apple Watch unlocks with a simple, 4-digit passcode.

Unlock with iPhone

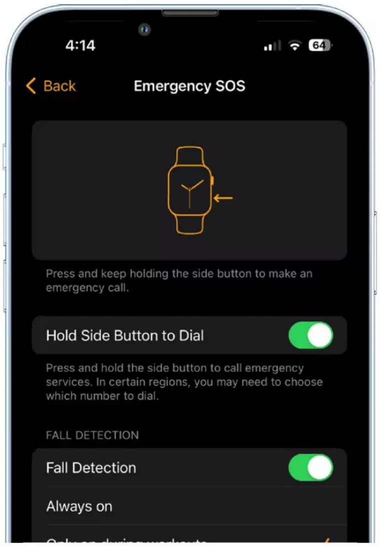
When this is on, unlocking your iPhone will automatically unlock Apple Watch — as long as you're wearing it.

Erase Data

When this is on, Apple Watch will erase all data after 10 failed passcode attempts.

There are numerous options available regarding your watch's passcode. You can turn it off, change it and more. Turn on Erase Data and your watch is wiped after ten failed password attempts, and Wrist Detection locks it when you're not wearing your watch.

Emergency SOS



Emergency SOS

Press and keep holding the side button to make an emergency call.

Hold Side Button to Dial

Press and hold the side button to call emergency services. In certain regions, you may need to choose which number to dial.

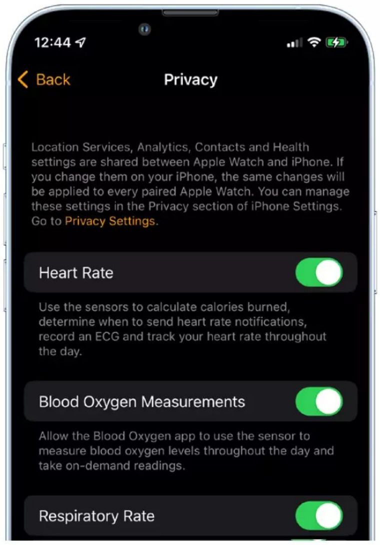
FALL DETECTION

Fall Detection

Always on

You can make an emergency call to your country's emergency number by holding the Side Button. In this section, you can turn this off, set the watch to call the emergency number if it detects that you've fallen and set up your Medical ID in the Health app.

Privacy



Privacy

Location Services, Analytics, Contacts and Health settings are shared between Apple Watch and iPhone. If you change them on your iPhone, the same changes will be applied to every paired Apple Watch. You can manage these settings in the Privacy section of iPhone Settings. Go to Privacy Settings.

Heart Rate

Use the sensors to calculate calories burned, determine when to send heart rate notifications, record an ECG and track your heart rate throughout the day.

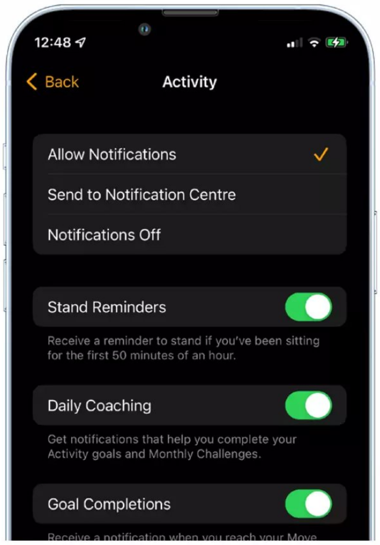
Blood Oxygen Measurements

Allow the Blood Oxygen app to use the sensor to measure blood oxygen levels throughout the day and take on-demand readings.

Respiratory Rate

If there are certain things you'd rather the Apple Watch didn't measure, go here and turn them off. You can turn off Heart Rate, Respiratory Rate, Fitness Tracking, Blood Oxygen Measurements and more. You can turn on Environmental Sound Measurements too.

Activity



Activity

Allow Notifications ✓

Send to Notification Centre

Notifications Off

Stand Reminders

Receive a reminder to stand if you've been sitting for the first 50 minutes of an hour.

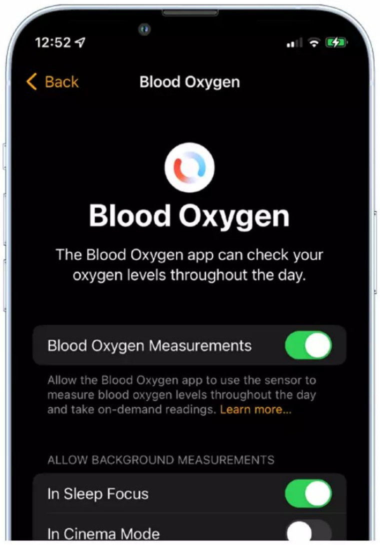
Daily Coaching

Get notifications that help you complete your Activity goals and Monthly Challenges.

Goal Completions

Activity is one of the Apple Watch's most popular features. You can configure the notifications it sends, and whether you want it to remind you to stand if you're spending too much time sitting down. Other options include notices for Special Challenges, Daily Coaching and more.

Blood Oxygen



Blood Oxygen

Blood Oxygen

The Blood Oxygen app can check your oxygen levels throughout the day.

Blood Oxygen Measurements

Allow the Blood Oxygen app to use the sensor to measure blood oxygen levels throughout the day and take on-demand readings. Learn more...

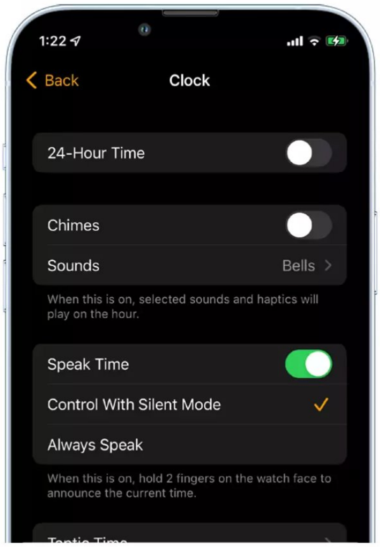
ALLOW BACKGROUND MEASUREMENTS

In Sleep Focus

In Cinema Mode

The Blood Oxygen apps checks your oxygen levels throughout the day. You can turn this off if you don't want these checks. It uses potentially distracting bright red LEDs, so you can set it to be on or off when the watch is in Sleep, Focus and/or Cinema Mode.

Clock



1:22

Back Clock

24-Hour Time

Chimes

Sounds Bells

When this is on, selected sounds and haptics will play on the hour.

Speak Time

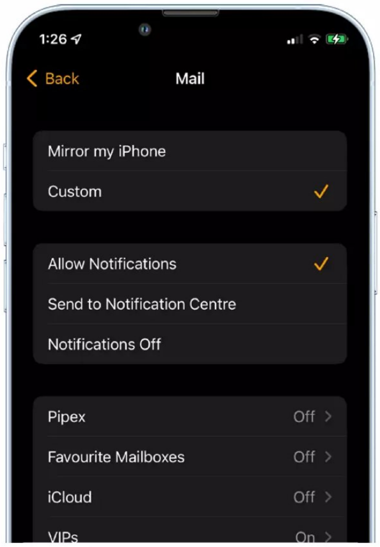
Control With Silent Mode ✓

Always Speak

When this is on, hold 2 fingers on the watch face to announce the current time.

If you wish to use a 24-hour clock instead of 12-hour when using a digital watch face, turn on the option here. You can also have chimes play every hour, on the hour, have the time spoken when you place two fingers on the watch face, set a monogram for faces that use them and more.

Mail



1:26

Back Mail

Mirror my iPhone

Custom ✓

Allow Notifications ✓

Send to Notification Centre

Notifications Off

Pipex Off

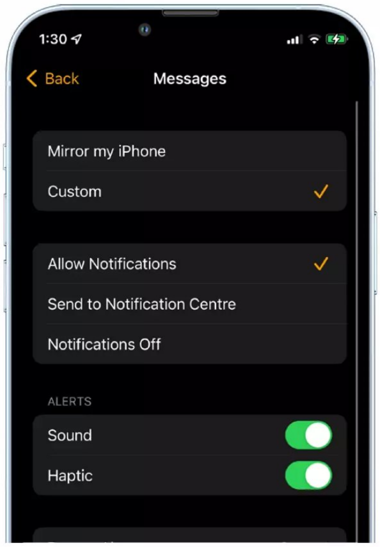
Favourite Mailboxes Off

iCloud Off

VIPs On

In the Mail options, you can set which of your email accounts send you notifications when an email arrives. You can configure your Mail notifications, set up default replies to answer emails from your watch and more. There's a lot you can configure in the watch's Mail app.

Messages



1:30

Back Messages

Mirror my iPhone

Custom ✓

Allow Notifications ✓

Send to Notification Centre

Notifications Off

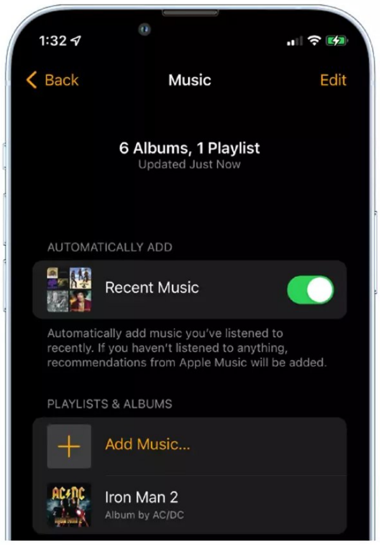
ALERTS

Sound

Haptic

When you receive a message on your iPhone, you can get an audio and/or haptic alert on your watch. Again, you can use default replies if you want to answer a message using your watch, and you can add custom default replies to the list of those on offer.

Music



1:32

Back Music Edit

6 Albums, 1 Playlist

Updated Just Now

AUTOMATICALLY ADD

Recent Music

Automatically add music you've listened to recently. If you haven't listened to anything, recommendations from Apple Music will be added.

PLAYLISTS & ALBUMS

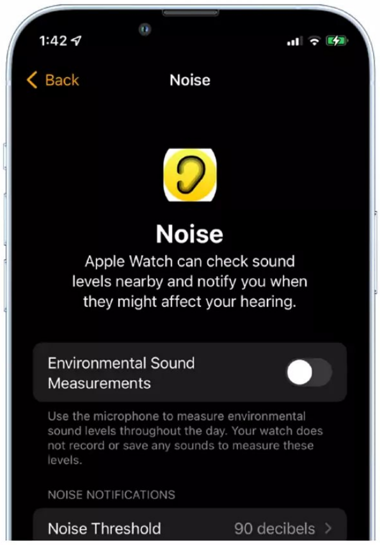
Add Music...

Iron Man 2

Album by AC/DC

You can listen to your music directly from your Apple Watch, by copying your tracks to the watch. Music you've recently listened to is automatically added (you can switch this off), and you can add music from your iPhone, as long as it's nearby and your watch is charging.

Noise



1:42

Back Noise

Noise

Apple Watch can check sound levels nearby and notify you when they might affect your hearing.

Environmental Sound Measurements

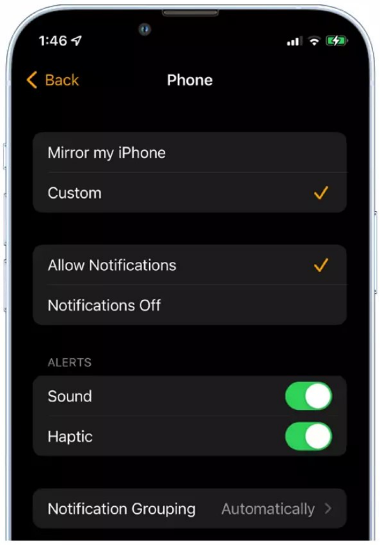
Use the microphone to measure environmental sound levels throughout the day. Your watch does not record or save any sounds to measure these levels.

NOISE NOTIFICATIONS

Noise Threshold 90 decibels

Your Apple Watch can check environmental sound levels, and warn you if they're so high they might affect your hearing. Turn on Environmental Sound Measurements, and set the noise threshold for the warnings. Just the thing if you work in a noisy environment.

Phone



1:46

Back Phone

Mirror my iPhone

Custom ✓

Allow Notifications ✓

Notifications Off

ALERTS

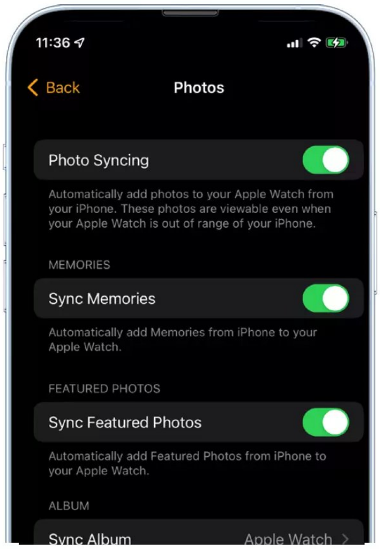
Sound

Haptic

Notification Grouping Automatically

You can take phone calls on your watch, and there are numerous settings you can change. If your settings mirror your iPhone's, you can only change the ringing alerts, but if you use custom settings you can configure notifications from the Phone app too.

Photos



11:36

Back Photos

Photo Syncing

Automatically add photos to your Apple Watch from your iPhone. These photos are viewable even when your Apple Watch is out of range of your iPhone.

MEMORIES

Sync Memories

Automatically add Memories from iPhone to your Apple Watch.

FEATURED PHOTOS

Sync Featured Photos

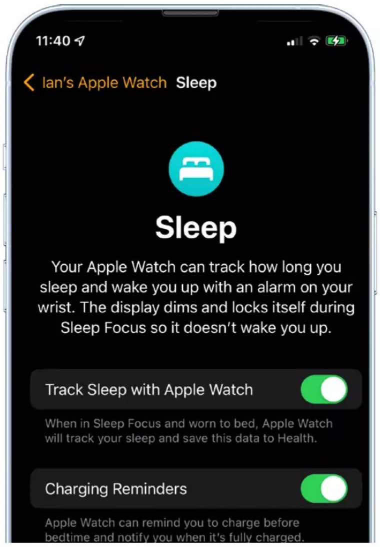
Automatically add Featured Photos from iPhone to your Apple Watch.

ALBUM

Sync Album Apple Watch

You can enjoy your photos directly from your Apple Watch. They sync automatically from your iPhone, along with Memories and featured photos, but you can turn these off if you want. Set a limit of 25, 100, 250 or 500 photos according to how much space you have.

Sleep



11:40

Ian's Apple Watch Sleep

Sleep

Your Apple Watch can track how long you sleep and wake you up with an alarm on your wrist. The display dims and locks itself during Sleep Focus so it doesn't wake you up.

Track Sleep with Apple Watch

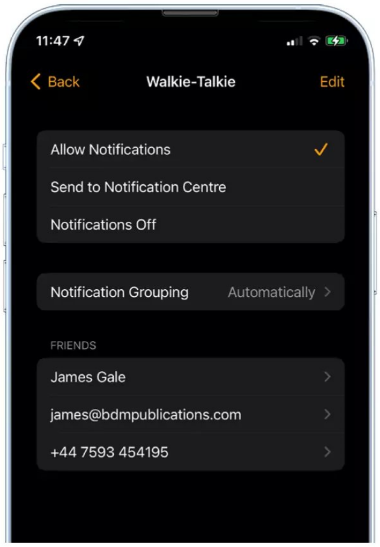
When in Sleep Focus and worn to bed, Apple Watch will track your sleep and save this data to Health.

Charging Reminders

Apple Watch can remind you to charge before bedtime and notify you when it's fully charged.

Your Apple Watch can track how long you sleep, and wake you up with an alarm on your wrist. The display dims and locks itself at bedtime so it won't wake you up. Open the Sleep feature here, or you can set up the feature in the Health app on your iPhone.

Walkie-Talkie



11:47

Back Walkie-Talkie Edit

Allow Notifications ✓

Send to Notification Centre

Notifications Off

Notification Grouping Automatically

FRIENDS

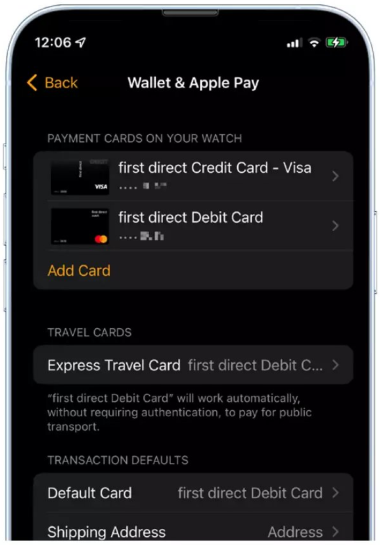
James Gale

james@bdmpublications.com

+44 7593 454195

In the Walkie-Talkie section, you can customise the feature's notification access. To add a contact to Walkie-Talkie, go to the app on your Apple Watch, select the contact in question (drawn from your Contacts app), and turn it on; then they appear here.

Wallet & Apple Pay



12:06

Back Wallet & Apple Pay

PAYMENT CARDS ON YOUR WATCH

first direct Credit Card - Visa

first direct Debit Card

Add Card

TRAVEL CARDS

Express Travel Card first direct Debit C...

"first direct Debit Card" will work automatically, without requiring authentication, to pay for public transport.

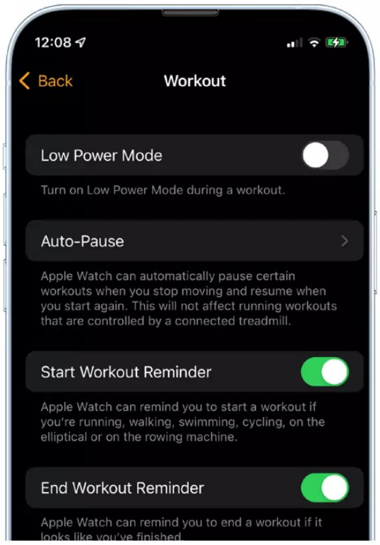
TRANSACTION DEFAULTS

Default Card first direct Debit Card

Shipping Address Address

If you want to add credit and debit cards to your Apple Watch's Wallet & Apple Pay app, do so here. Tap Add Card and follow the instructions. Tap a card for its details and the opportunity to remove it. You can also set a default card to use, a shipping address and more.

Workout



12:08

Back Workout

Low Power Mode

Turn on Low Power Mode during a workout.

Auto-Pause

Apple Watch can automatically pause certain workouts when you stop moving and resume when you start again. This will not affect running workouts that are controlled by a connected treadmill.

Start Workout Reminder

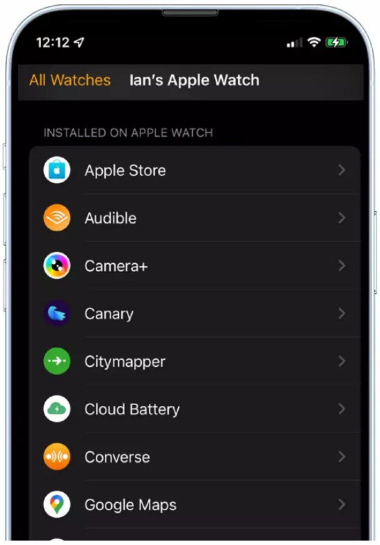
Apple Watch can remind you to start a workout if you're running, walking, swimming, cycling, on the elliptical or on the rowing machine.

End Workout Reminder

Apple Watch can remind you to end a workout if it looks like you've finished.

Workout is another popular watch feature. Tap Workout View to customise the information fed to you by specific workouts. Power Saving Mode turns off a few features to save battery power when working out, and there are lots of other things you can set up too.

Third-party Apps



12:12

All Watches Ian's Apple Watch

INSTALLED ON APPLE WATCH

Apple Store

Audible

Camera+

Canary

Citymapper

Cloud Battery

Converse

Google Maps

At the bottom of the My Watch section are third-party apps that can appear on your watch; first those you've installed, and then those on your iPhone, but not yet installed on your watch. Tap Install to do so. Tap an app that's on your watch and you can remove it.

Notifications on Watch

Your Apple Watch brings you a wealth of notifications from built-in apps such as Calendar, Mail, Messages, Maps and Activity. Third-party apps can also send notifications. From watchOS 9 onwards, incoming notifications arrive in discreet, unobtrusive banners when the watch is active too. Here's how to use and configure your Apple Watch's notifications.

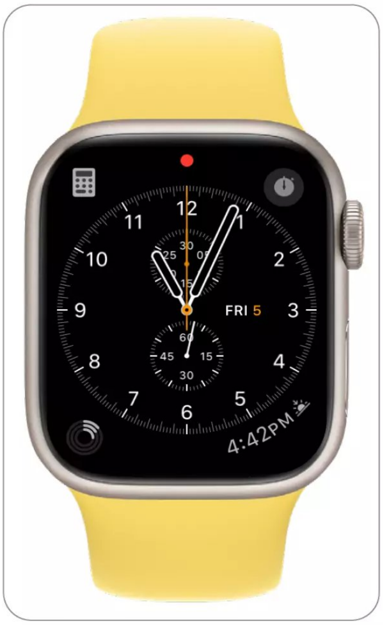
Clear All

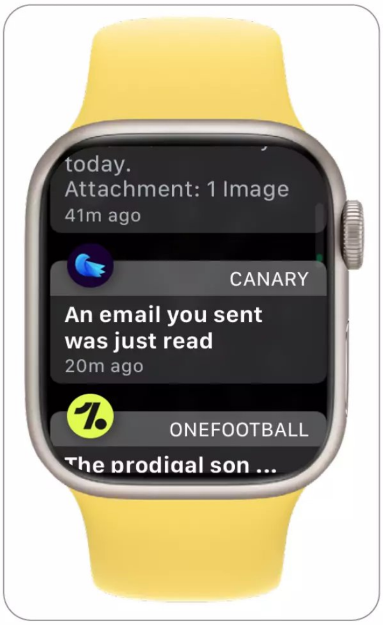
Yesterday, 10:1...
Trending for you:
"Time Shelter:
Winner of the..." by...

Yesterday, 2:24...

Using Your Notifications

Making use of the Apple Watch's notifications feature is easy. Follow this guide and you'll soon have a huge amount of information right there at your fingertips, sent by your favourite apps and services on your Apple Watch.

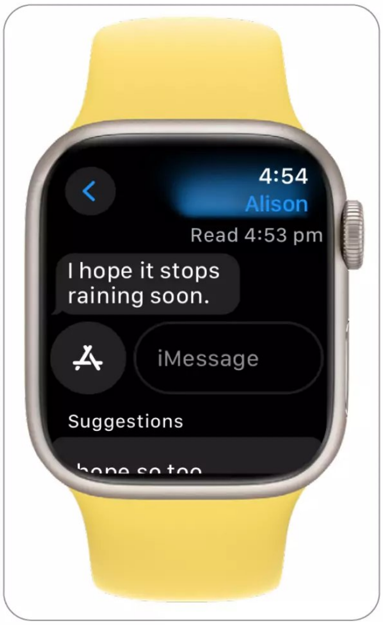




today.
Attachment: 1 Image
41m ago

CANARY
An email you sent was just read
20m ago

ONEFOOTBALL
The prodigal son ...



4:54
Alison

Read 4:53 pm

I hope it stops raining soon.

iMessage

Suggestions

hope so too

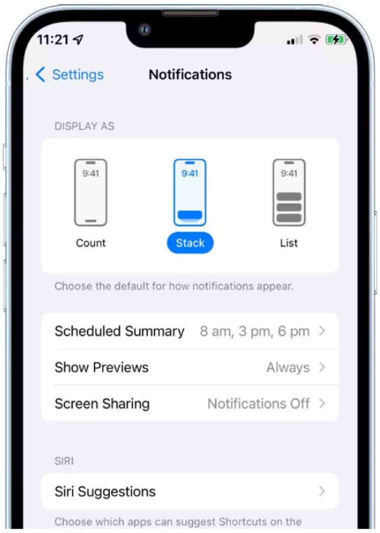
1 When your Apple Watch has received a notification which you haven't yet read, a red dot is shown at the top of the screen. Swipe down on the screen to review your notifications, whether read or unread.

2 Scroll through notifications with the Digital Crown. You get previews of each item; tap one for the full notification. If it's a first-party app, tap again to go to the app that created it, eg, an email takes you to the Mail app.

3 Look at your watch as soon as you hear the notification tone and you see an indicator from the app that sent it, followed by the notification itself. You can stop this happening if you wish. Read on to see how.

Configuring Your Notifications

Your Apple Watch's notifications service is far more effective when you've configured it to suit your specific needs. Here's a brief guide to doing just that, using the iPhone's Watch app.



11:21

Settings Notifications

DISPLAY AS

Count Stack List

Choose the default for how notifications appear.

Scheduled Summary 8 am, 3 pm, 6 pm

Show Previews Always

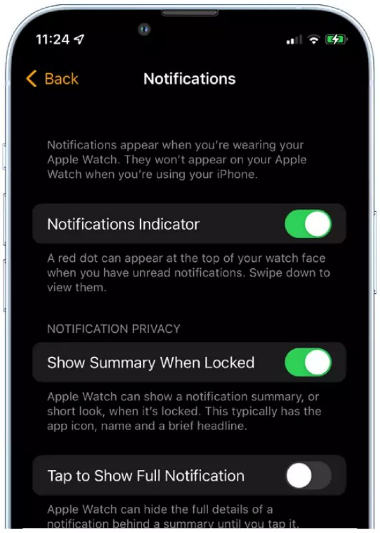
Screen Sharing Notifications Off

SIRI

Siri Suggestions

Choose which apps can suggest Shortcuts on the

1 On your iPhone open the Settings app and go to Notifications. Tap on an app name to see how that particular app sends notifications to your iPhone. When its Apple Watch component is set to 'Mirror iPhone', this is what the setting does.



11:24

Back Notifications

Notifications appear when you're wearing your Apple Watch. They won't appear on your Apple Watch when you're using your iPhone.

Notifications Indicator

A red dot can appear at the top of your watch face when you have unread notifications. Swipe down to view them.

NOTIFICATION PRIVACY

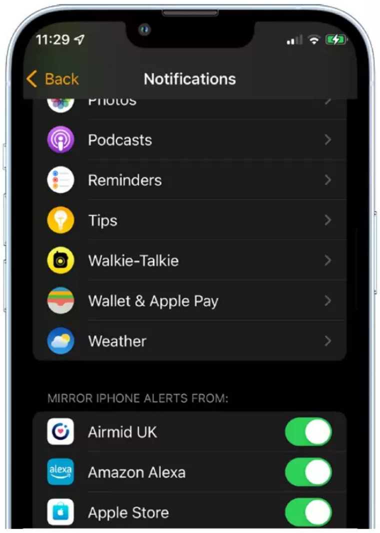
Show Summary When Locked

Apple Watch can show a notification summary, or short look, when it's locked. This typically has the app icon, name and a brief headline.

Tap to Show Full Notification

Apple Watch can hide the full details of a notification behind a summary until you tap it.

2 Now open the iPhone's Watch app and go to My Watch > Notifications. The first option switches on and off the red notification indicator mentioned earlier. The tap an app in the list lower down the screen to configure how notifications are shown on your watch.



11:29

Back Notifications

Photos

Podcasts

Reminders

Tips

Walkie-Talkie

Wallet & Apple Pay

Weather

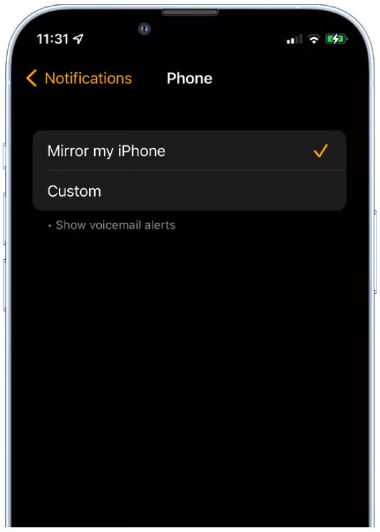
MIRROR IPHONE ALERTS FROM:

Airmid UK

Amazon Alexa

Apple Store

3 The apps list is divided into two sections. The first list is of built-in apps; tap one to see its individual notification settings. The second list is mostly third-party apps, with a switch to mirror the iPhone notification settings or turn them off.



11:31

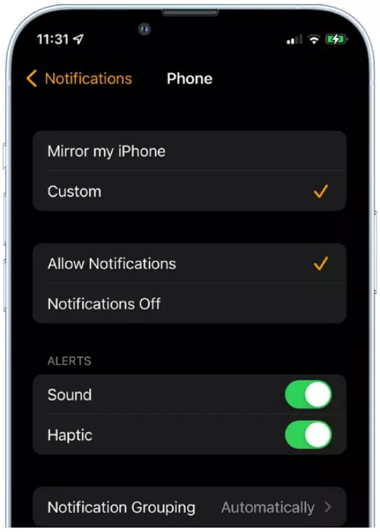
Notifications Phone

Mirror my iPhone ✓

Custom

• Show voicemail alerts

4 Each app has its own notification options. If you choose to Mirror my iPhone, the settings are the same as the ones you set for the iPhone version of the app; it's in the iPhone's Settings app under Notifications (see Step 1).



11:31

Notifications Phone

Mirror my iPhone

Custom ✓

Allow Notifications ✓

Notifications Off

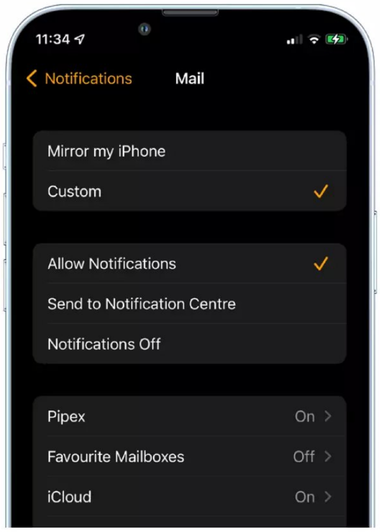
ALERTS

Sound

Haptic

Notification Grouping Automatically

5 If you choose Custom settings you can modify and customise the Apple Watch notifications independently of those set up for the iPhone version of the app. Options chosen here do not change your iPhone's notification settings.



11:34

Notifications Mail

Mirror my iPhone

Custom ✓

Allow Notifications ✓

Send to Notification Centre

Notifications Off

Pipex On

Favourite Mailboxes Off

iCloud On

6 The notifications for your Mail app can be set up separately for each individual mailbox. Tap on one of them to set up that mailbox's notifications, so you can, for example, have alerts from one mailbox but not the others.

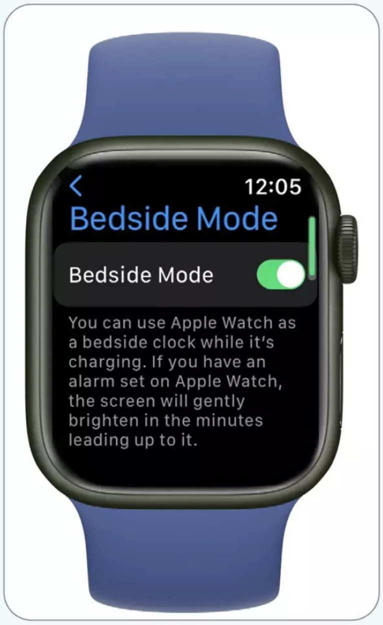
Bedside Mode on Watch

Introduced with watchOS 2.0, the Apple Watch's Bedside Mode (formerly Nightstand Mode) is a real boon for those who charge their watch on their bedside table. When it's active and the watch is charging, you can tap it – or the table it's charging on – to display the time in luminous green digits.

7:29
Monday 8
Alarm 7:30AM

Setting Up and Using Bedside Mode

Bedside Mode is easy to use, and works regardless of whether you charge your watch on a stand or with just the charging cable. It works whether your watch is in landscape mode or portrait mode too.



Bedside Mode

Bedside Mode ●

You can use Apple Watch as a bedside clock while it's charging. If you have an alarm set on Apple Watch, the screen will gently brighten in the minutes leading up to it.

12:24
Tuesday 2
Alarm 7:00AM

1 To activate your Apple Watch's Bedside Mode, in the watch's Settings app, go to General > Bedside Mode and switch it on. It's as easy as that. Alternatively, in the iPhone's Watch app, go to My Watch > General > Bedside Mode and switch it on there instead.

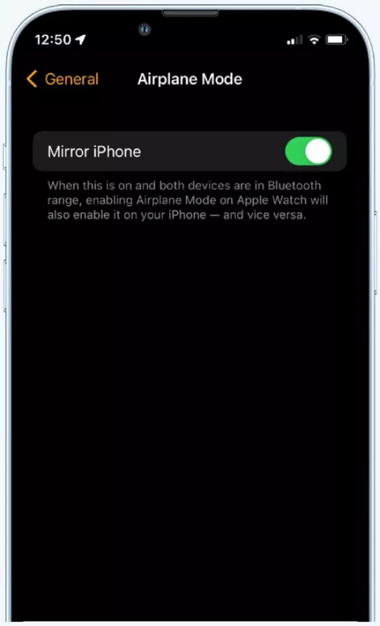
2 For Bedside Mode to function, the watch must be on a charging stand; horizontally, vertically or laid flat. It needs to be charging too. It can't be used if your watch isn't connected to the mains. But if it is, the watch displays the current time, date, next alarm and battery level until it goes to sleep. To bring it out of sleep mode, you need only touch the watch or even tap the table on which it's sat and the figures appear again. It's a really convenient bedside alarm clock for when you're travelling, and many Apple Watch stands are designed to hold the watch in a position where you can see the screen without sitting up.

Airplane Mode on Watch

When your electronic devices are in Airplane Mode, connectivity functions such as Bluetooth, Wi-Fi and phone calls are disabled. This is because airlines demand you close down these features in case they interfere with the plane's navigation systems. Here's how to use Airplane Mode on your Apple Watch.

Activating and Deactivating Airplane Mode

With Airplane mode you can safely and legally use your watch on an aircraft. Here's a guide to activating Airplane Mode on your Apple Watch and iPhone, switching off all outside communication.


12:50

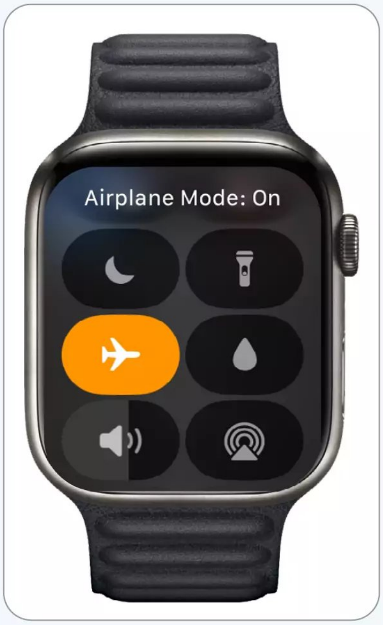
General

Airplane Mode

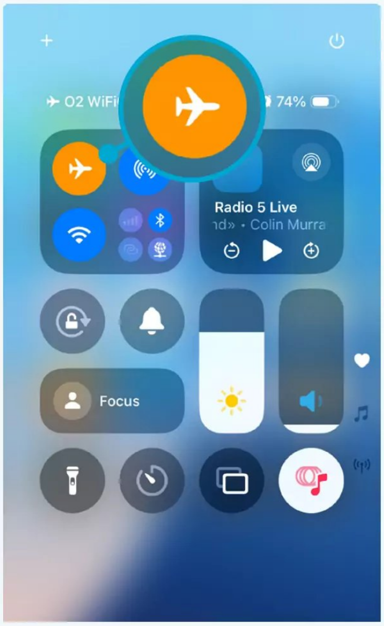
Mirror iPhone

When this is on and both devices are in Bluetooth range, enabling Airplane Mode on Apple Watch will also enable it on your iPhone — and vice versa.

1 On the iPhone, in the Watch app, open the My Watch tab bottom left. Now go to General > Airplane Mode. You can then choose whether to Mirror iPhone, that is, when the Apple Watch is put into Airplane Mode, the iPhone also activates this mode and vice versa.


Airplane Mode: On

2 On the Apple Watch, go to Settings > Airplane Mode, and switch it on or off. Alternatively, press the Side Button to open the Control Centre, scroll up and tap the Airplane Mode icon. Repeat to turn it off. An orange airplane icon on the watch screen shows when it's active.



3 To activate Airplane Mode on your iPhone, swipe in from the top-right corner of the screen for Control Panel and tap the Airplane Mode icon. You can also activate it from your Apple Watch by swiping up from the bottom of the screen and tapping the airplane icon.

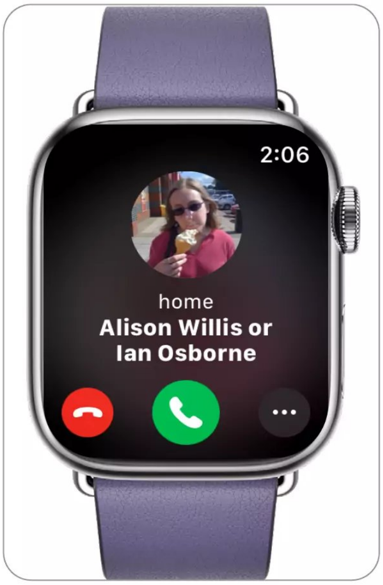
Phone Calls on Your Watch

In science fiction movies of old, the hero would take a phone call simply by speaking into his watch. Now those days are here for real. With your Apple Watch, you can make and receive iPhone calls right from your wrist, without even getting your mobile out of your pocket. Here's how to use your Apple Watch for telephone calls and look like a secret agent too.

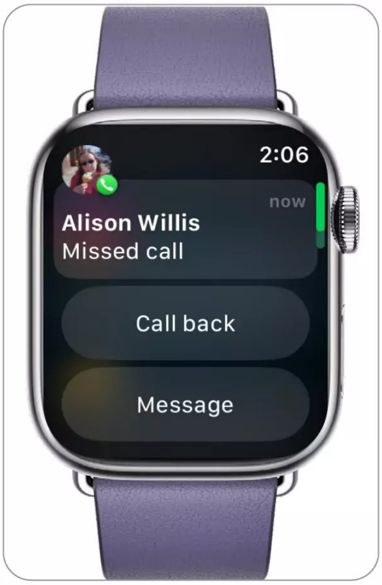
3:30
Alison Willis
INCOMING CALL

Taking and Making Calls on Your Watch

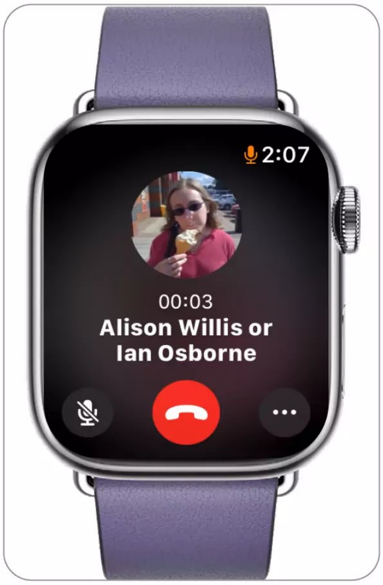
If someone rings your iPhone while you're wearing your Apple Watch, the watch rings and vibrates too. You can then take the call on your watch. You can also initiate a call on Apple Watch.


2:06
home
Alison Willis or Ian Osborne

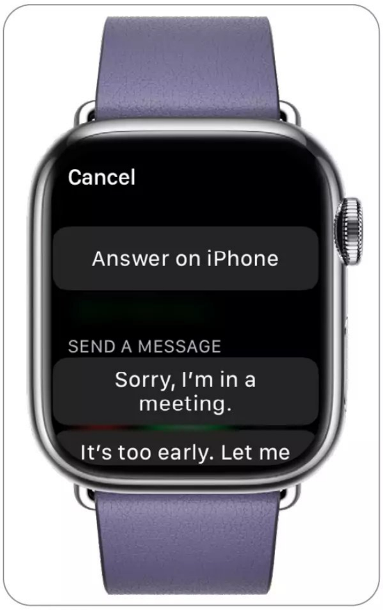
1 When you get an incoming call, your watch screen looks like this. There are two buttons you can press. The green one takes the call on your Apple Watch and the red one declines it. If the caller is in your contacts, a name is shown. If not you see their number.


2:06
now
Alison Willis
Missed call
Call back
Message

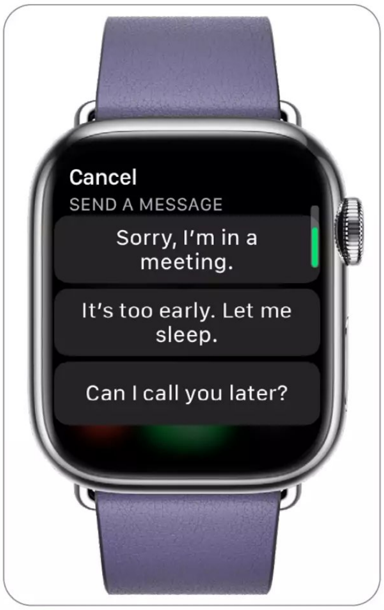
2 If you're too late and the caller rings off before you can accept or decline the call, you get a Missed Call notification. Tap it for a screen that lets you call back or send a text message to the person who called you. It's useful if you have your hands full.


2:07
00:03
Alison Willis or Ian Osborne

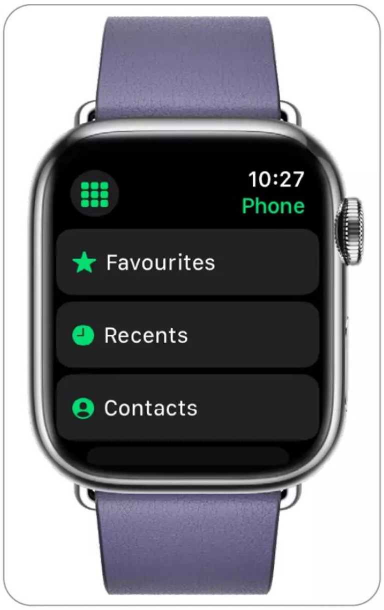
3 While the call is taking place, use the digital crown to raise or lower the volume. The name of the caller and the duration of the call are shown. Press the red button to end the call or the microphone button to temporarily mute it, and the three-dots button for the keypad.


Cancel
Answer on iPhone
SEND A MESSAGE
Sorry, I'm in a meeting.
It's too early. Let me

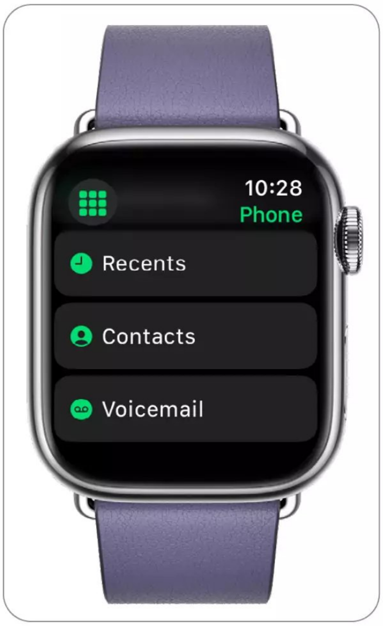
4 If you'd rather take a call on your iPhone instead of answering on your Apple Watch, maybe because the call is private, when your watch rings tap the three-dots button. On this screen tap the Answer on iPhone button, found at the top, to take the call on your phone.


Cancel
SEND A MESSAGE
Sorry, I'm in a meeting.
It's too early. Let me sleep.
Can I call you later?

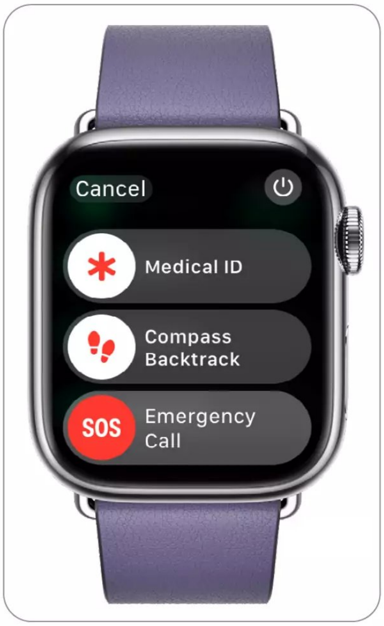
5 If you'd like to decline a call with a short text message, tap the three-dots button on the incoming call screen, and scroll to see these messages. Tap one to send it. Also, placing your hand over the watch face stops it ringing, but doesn't immediately decline the call.


10:27
Phone
Favourites
Recents
Contacts

6 To initiate a phone call from your Apple Watch, first open the Phone app. You can do this in the usual way, by pressing the Digital Crown and navigating to the app's icon, but there's a quicker way too. Simply press the Digital Crown twice to go straight there.

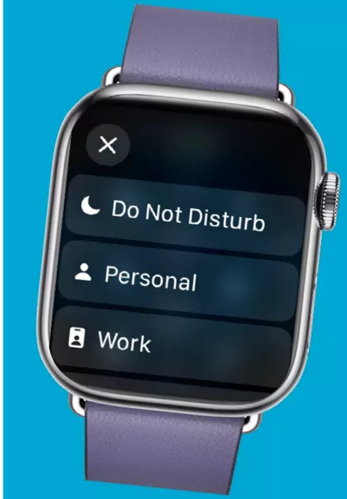

10:28
Phone
Recents
Contacts
Voicemail

7 From the Phone app screen, you can select contacts you've designated as Favourites, recent callers or your Contacts app. Tap a phone icon to make a call. Alternatively, tap the keypad icon to type a number to call. To take your voicemails, scroll up to the Voicemail button.


Cancel
Medical ID
Compass Backtrack
SOS
Emergency Call

8 To call your country's emergency number, press and hold the Side Button until the sliders appear, then slide the Emergency SOS option. If you can't use the slider, keep holding the Side Button and a timer counts down from five, making the call when it's finished.

Do Not Disturb


Do Not Disturb
Personal
Work

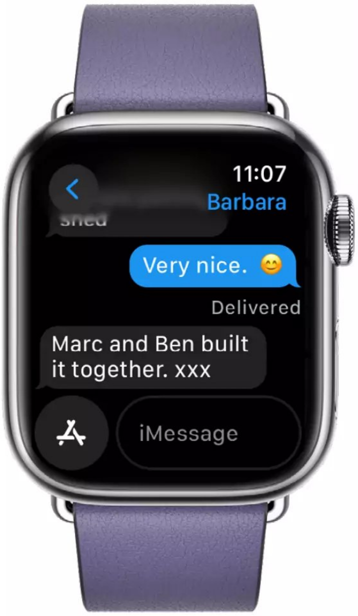
If you want your privacy for a while and don't want to take calls, you can activate the Do Not Disturb function. Press the Side Button to get to the Control Centre and then tap the moon icon to get to this screen. Tap Do Not Disturb, then choose whether to turn it on, turn it on for an hour only, activate it until tomorrow or keep it on until you leave your current location.

The QuickPath and Scribble Features

With the bigger screen offered by recent Apple Watches, buttons and features have been made bigger and easier to use. This has also made possible two great features; QuickPath, an on-screen virtual keyboard; and Scribble, whereby you can write messages one letter at a time. Here's how these features work.

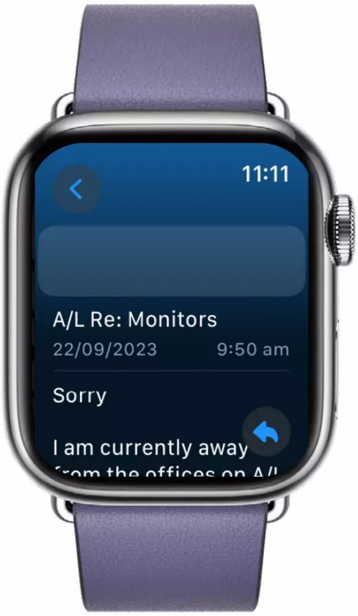
The QuickPath Feature

In a first for the Apple Watch, the Series 7 models and later include a virtual QWERTY keyboard with which you can write a message or email with one finger, dragging it over the virtual keys. It's a great new feature.



Very nice. 😊

Marc and Ben built it together. xxx

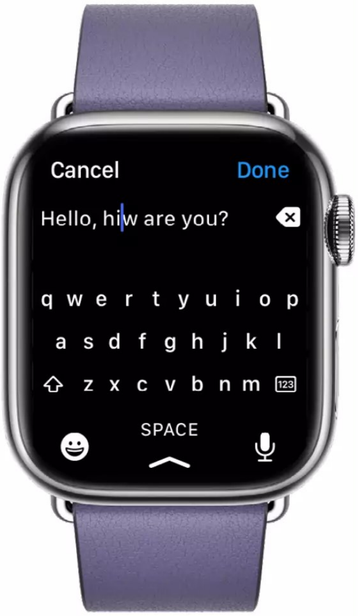


A/L Re: Monitors

22/09/2023 9:50 am

Sorry

I am currently away from the offices on A/L



Hello, hiw are you?

1 In the Messages app, navigate to the conversation to which you want to reply, and scroll to the text entry field. Tap it to go to the QWERTY keyboard, with which you can enter text.

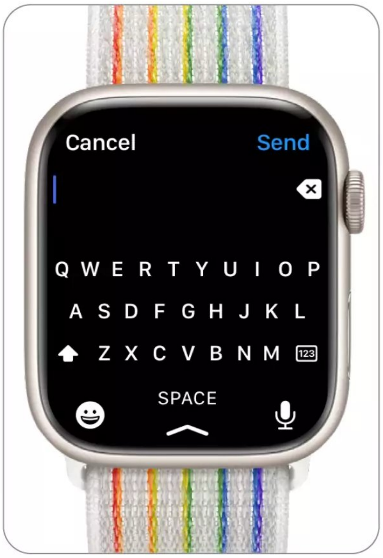
2 In the email app, either tap the left-pointing chevron and tap the New Message icon, or find a message to reply to and tap the Reply icon. Tap Add Message, then tap the text field.

3 To type, drag your finger from letter to letter or tap the keys. Tap the '123' key for symbols, then the '#+=' key for more. 'ABC' takes you back to letters. To correct an error, scroll to it with the Digital Crown.

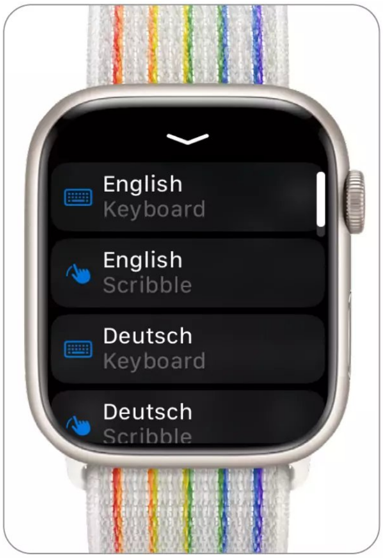
The Scribble Feature

Another way of entering text on your Apple Watch is by using the Scribble feature, whereby you compose your text by drawing individual letters one at a time to compose your text. It's a surprisingly intuitive way of typing.

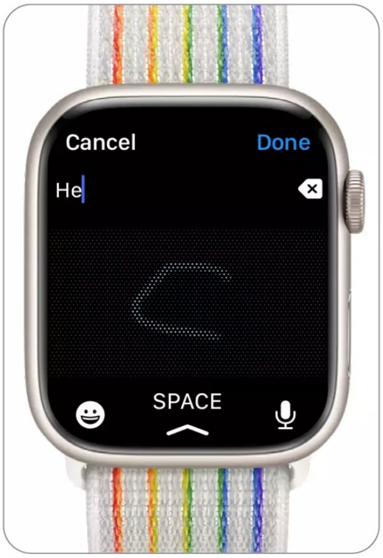
Cancel
Send
Hello
SPACE


Cancel
Send
Q W E R T Y U I O P
A S D F G H J K L
Z X C V B N M
123
SPACE

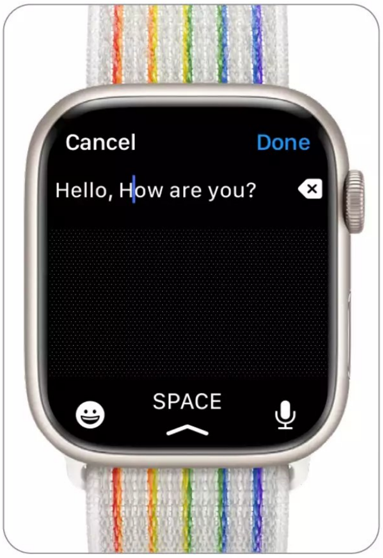
1 To write a message or email using Scribble, first of all, navigate to the QWERTY keyboard as described earlier. Swipe up from the chevron at the foot of the screen, under the keyboard.


English
Keyboard
English
Scribble
Deutsch
Keyboard
Deutsch
Scribble

2 On this next screen, you can select the Keyboard, if you change your mind and wish to type, or the Scribble option for each language you have installed on your Apple Watch. Tap a Scribble button.

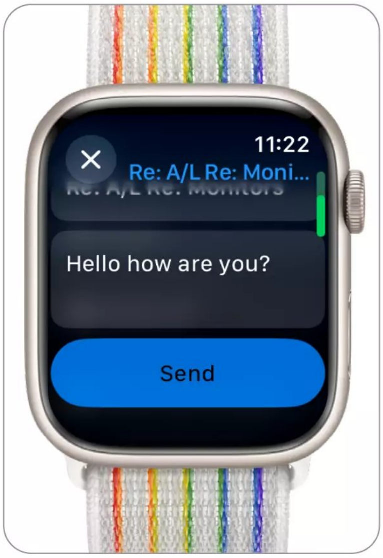

Cancel
Done
He
SPACE

3 You can now write a message, one letter at a time, on your screen. Use the word 'space' at the foot of the screen to type a space. You can type punctuation as well as words.


Cancel
Done
SPACE

Hello, How are you?

4 Once again, you can scroll to a mistake in your text with the Digital Crown. Use the delete icon in the top-right corner of the screen. Tap it to delete the character before the blue line.

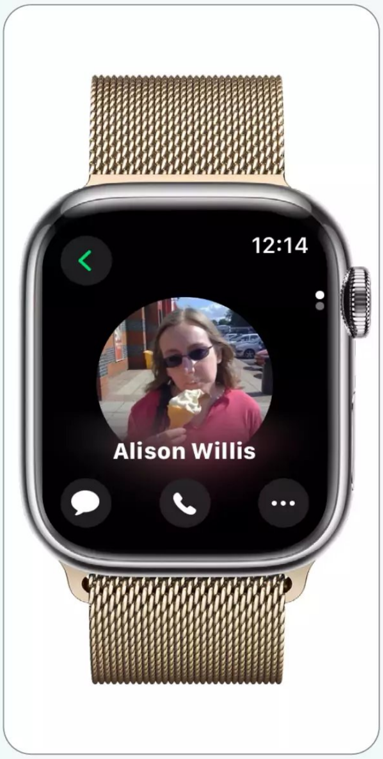

11:22
Re: A/L Re: Moni...
Send

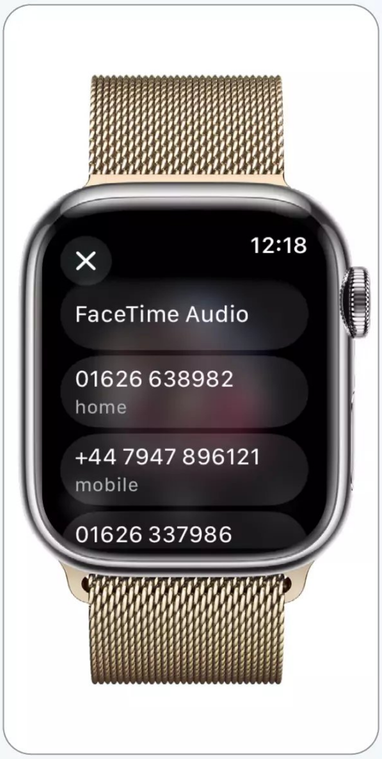
Hello how are you?

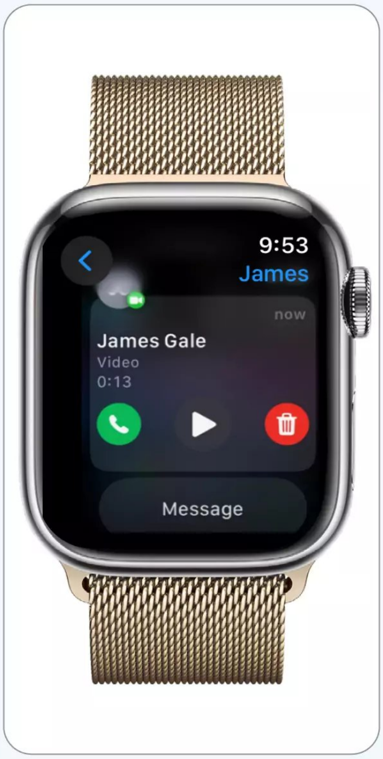
5 When you've finished typing your email, tap Done, then Send. If you've typed a message, tap the Send link in the top-right corner of the Apple Watch screen. Either way, your text is sent.

FaceTime from your wrist

As well as being Apple’s key video calling platform, FaceTime also allows you to make and receive Audio calls. The Apple Watch has no camera, but because it has both a microphone and a speaker, you can still make and receive FaceTime voice calls right from your wrist. Here’s a guide to making FaceTime calls using your amazing Apple Watch.


12:14
Alison Willis


12:18
FaceTime Audio
01626 638982
home
+44 7947 896121
mobile
01626 337986


9:53
James
now
James Gale
Video
0:13
Message

1 First press the Digital Crown to launch the App Picker and tap the Phone app icon. On the next screen, tap the Contacts button. Find the contact you want to call, and open their contact card. The first thing you see, under their picture, is a row of icons. Tap the Phone icon.

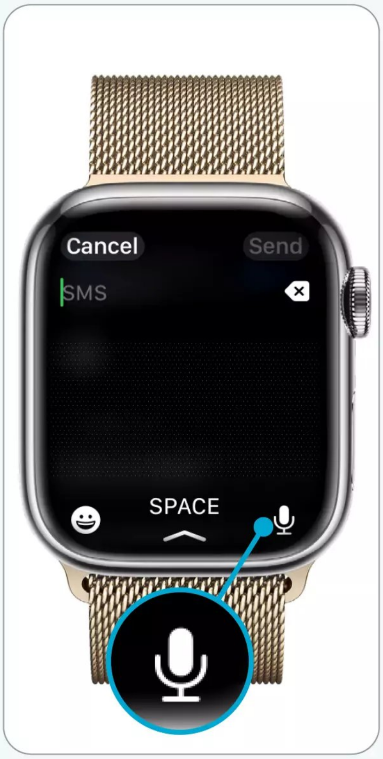
2 On the next screen, you’re offered a range of call options. Tap FaceTime Audio, and you make the call. If you prefer, you can use Siri to place the call. Just hold the Digital Crown to summon Apple’s personal digital assistant, and say ‘FaceTime [Name of contact]’.

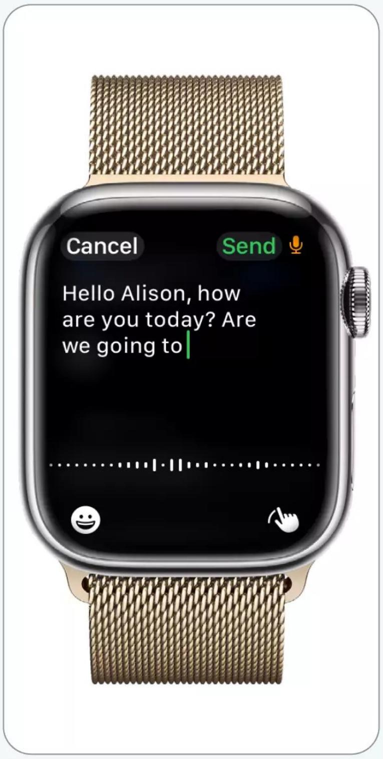
3 In iOS 17 and macOS Sonoma, you can leave a video or audio message should someone you FaceTime call not pick up. In watchOS 10, you can review those messages on your watch. Just tap on the notification that appears, and play it back in the usual way.

Dictation on Your Watch

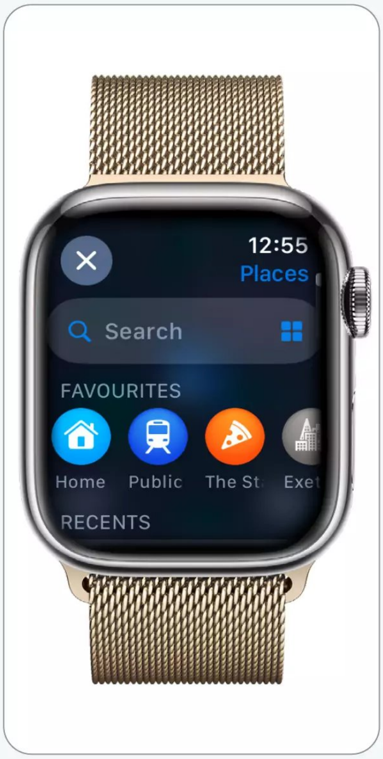
As well as typing your text on a virtual keyboard or writing it one letter at a time with Scribble, you can also use Dictation to speak your message. It's then converted into text, which you can edit and send. Text might be sent to Apple and processed on Siri servers if you've chosen to share, but the process is completely private.

Cancel
Send
Hello Alison how are you today? Are we going to


Cancel
Send
SMS
SPACE


Cancel
Send

Hello Alison, how are you today? Are we going to


12:55
Places
Search
FAVOURITES
Home
Public
The St
Exet
RECENTS

1 You can use Dictation wherever you see the microphone icon when invited to enter a message. On the virtual keyboard, for example, the microphone is shown in the bottom-right corner of the screen. Likewise, on the Scribble screen, it's right there too.

2 Tap the microphone icon and speak your message, which is immediately converted to text. If it's all OK, tap Send to send it. If you want to edit it, tap the icon in the bottom-right to get back to the Scribble or keyboard screen, so you can edit the text.

3 Dictation is not just for sending messages. You can also use it to add a reminder to your Reminders app. In Maps, you can use it to search for your destination. It works almost anywhere that you need to enter text on your Apple Watch.

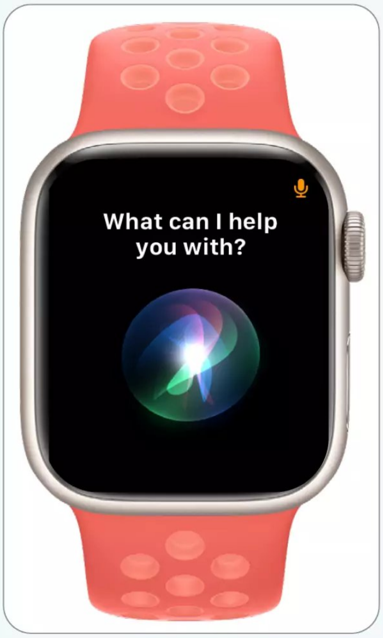
Siri on Your Watch

Chances are you're already familiar with Siri on your iPhone, but did you know your Apple Watch also includes Apple's capable digital assistant? This tutorial couldn't possibly cover everything Siri can do, but if there's something you'd like to voice activate or a question you'd like to ask, give it a go. The more you use Apple's amazing assistant, the better it gets.

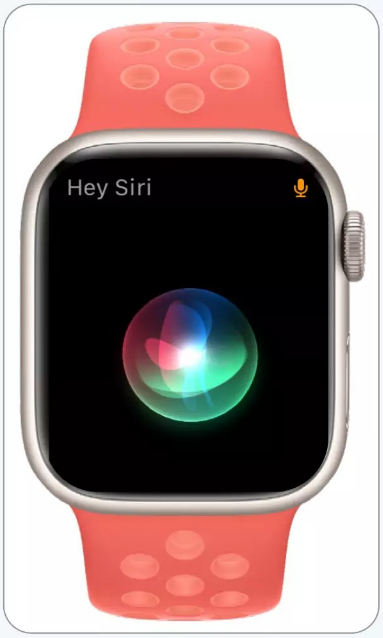
Mirror mirror on the wall who's the fairest of them all
Snow White? Is that you?
WATCH

Activating and Using Siri

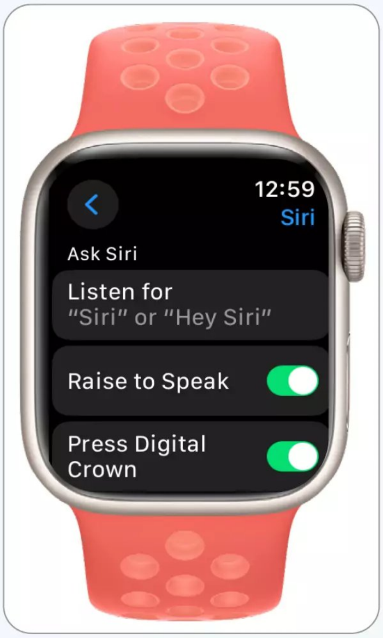
Your Apple Watch's Siri feature is amazing. You can use it to open an app, set timers, make a phone call, send a message, play some music and more. Here's how to get started with Siri and make use of it on Apple Watch.



What can I help you with?



Hey Siri

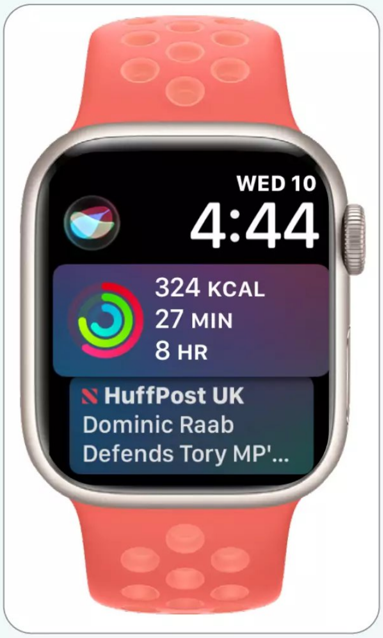


12:59
Siri
Ask Siri
Listen for "Siri" or "Hey Siri"
Raise to Speak ●
Press Digital Crown ●

1 There are several ways you can activate Siri on your Apple Watch. The easiest is to hold the Digital Crown button until Siri appears. A microphone icon shows your watch's mic is being used.

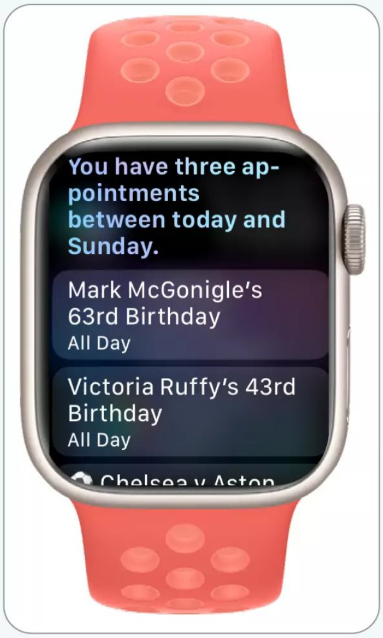
2 Alternatively, you can say, 'Hey Siri' or 'Siri', and it opens. Either way, you can dismiss the Siri service by pressing the Digital Crown once. Ideal if you open Siri by accident and don't need it.

3 Open the Settings app and tap the Siri option and you can configure it to your requirements. You can choose how Siri is activated, check your Siri history, change its language or voice and more.



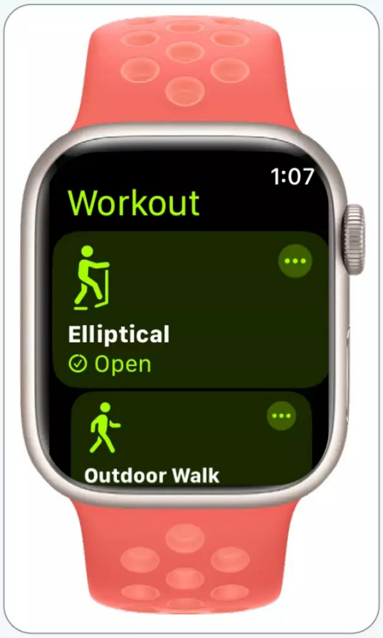
WED 10
4:44
324 KCAL
27 MIN
8 HR
HuffPost UK
Dominic Raab Defends Tory MP'...

4 Finally, if you use the Siri face on your Apple Watch, you can activate Siri by using a Complication. Assuming you haven't removed this Complication, it's in the top-right corner of the watch face.



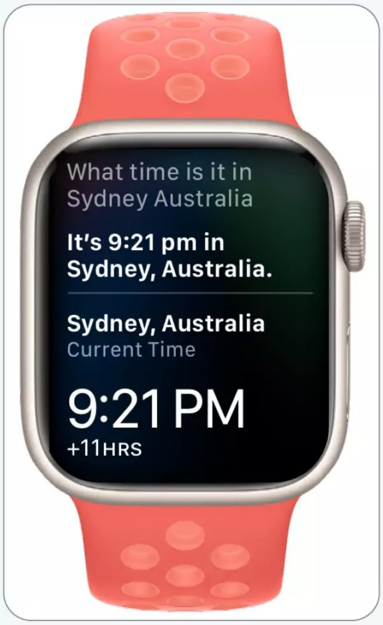
You have three appointments between today and Sunday.
Mark McGonigle's 63rd Birthday
All Day
Victoria Ruffy's 43rd Birthday
All Day
Chelsea v Aston

5 Siri is awesome for checking your Calendar app. With phrases like "What's scheduled for tomorrow?" or "What appointments do I have for the rest of the week?" you can get Siri to help.



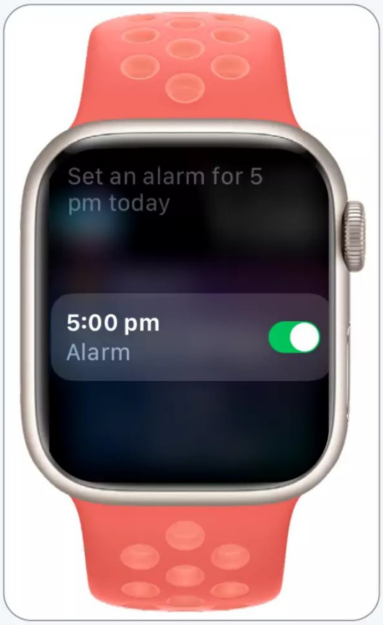
Workout 1:07
Elliptical
Open
Outdoor Walk

6 You can open an app using Siri too. Just say "Open [app name]" and it's opened for you, right on the screen. It's great if your hands are full and you can't use the watch buttons.



What time is it in Sydney Australia
It's 9:21 pm in Sydney, Australia.
Sydney, Australia
Current Time
9:21 PM
+11HRS

7 If you want to check what time it is somewhere in the world, without setting up a World Clock on your iPhone, just open Siri and say, "What time is it in [place name]?" and your digital personal assistant does the rest. It's great for quick and easy reference.



Set an alarm for 5 pm today
5:00 pm
Alarm

8 Siri's also great at setting timers and alarms. Use instructions such as "Set me an alarm for 7am tomorrow", "Cancel my next alarm", "Set a countdown timer for [time]" or "Open the stopwatch". There's a wealth of functionality right there on your wrist.

More from Siri

Siri can make phone calls and send messages. "Call [person's name]" and they're contacted for you, or "Send a message to [person's name] saying [the message]", and a text message is promptly dispatched.

You can use Siri to check sports information. Ask "What was the result of the last [team] game?" or "Who do the [team] play next?", and you're told.

It can use calculate sums. If you're in a restaurant, for example, you can ask Siri to divide the bill between the number of people paying it. For a bit of fun, ask, "divide zero by zero". It does conversions too, such as yards to metres, pounds to kg or between currencies. Ask a question such as "How tall is Mount Everest?" or "What's the capital of Peru?", and the answer is gleaned from the web and given to you.

Siri is a terrible comedian. Ask the assistant to tell you a joke, and it will – but the joke will be terrible. Try a few silly things too. What is the meaning of life? Why did the chicken cross the road? Which came first, the chicken or the egg? Who am I?

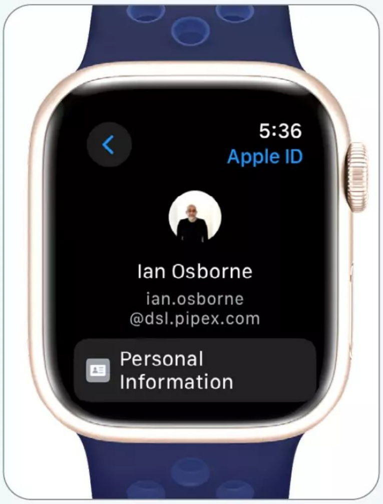
Settings on Your Watch

The Settings app on the Apple Watch does more than you think; and it's easy to find. On the Home screen, look for the grey icon showing an industrial cog, like the Settings app on the iPhone. Open this and you can access all sorts of features such as Bluetooth pairing, Privacy, Health, Do Not Disturb, Airplane Mode and Accessibility for the visually or hearing impaired. Let's take a look.

What Settings Can Do for You

Open the Settings app and you'll see a long list of option categories. Here we'll go through them step by step, taking each in turn. With our guide, you can make all sorts of changes to the way your Apple Watch works.

Apple ID



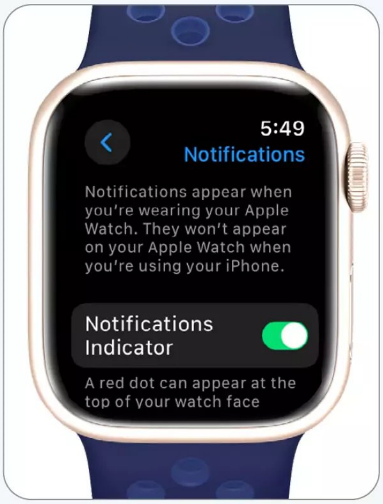
5:36
Apple ID

Ian Osborne
ian.osborne
@dsl.pipex.com

Personal Information

At the top of the Settings app is an option displaying your name. Tap this for your Apple ID options. Under this option you can change your screen name, primary and secondary email addresses, your password and more. Scroll up for a list of all your Apple gear.

Notifications



5:49
Notifications

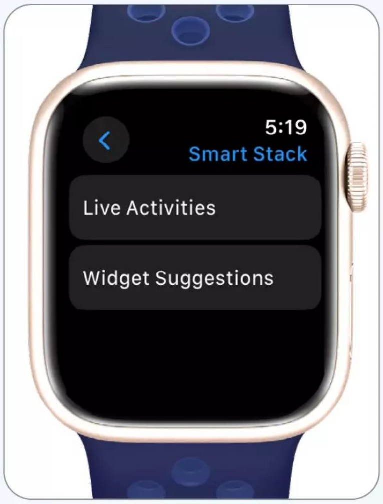
Notifications appear when you're wearing your Apple Watch. They won't appear on your Apple Watch when you're using your iPhone.

Notifications Indicator ●

A red dot can appear at the top of your watch face

In the Notifications section of Settings, you can turn off the red dot that appears above the watch face when a notification has arrived. You can also turn other features on and off, including Show Summary When Locked, Tap to Show Full Notification and more.

Smart Stack



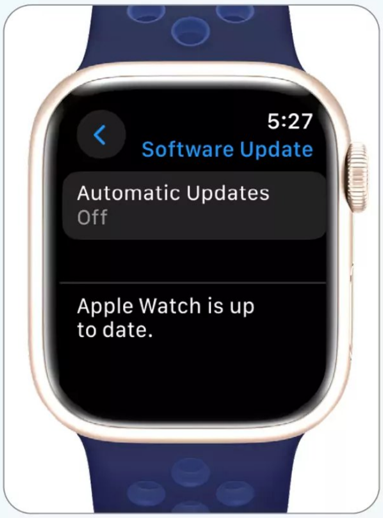
5:19
Smart Stack

Live Activities

Widget Suggestions

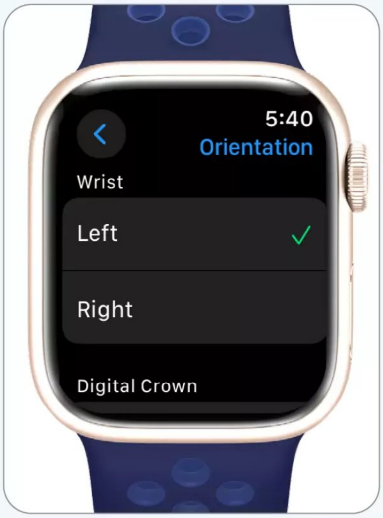
Smart Stack lets you turn Live Activities on or off, on a per-app basis. This feature lets you watch live sports scores, incoming taxis or deliveries, and more. It also allows Widget Suggestions, which are automatically added to the Smart Stack as needed.

General > Software Update


5:27
Software Update
Automatic Updates
Off
Apple Watch is up to date.

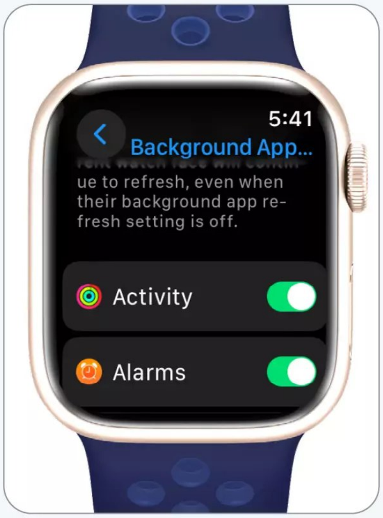
Tap Automatic Updates and you can choose to have updates to your Apple Watch install automatically overnight; when your watch is charging. If you don't switch this option on, you'll have to update manually when you get a notification that there's a new update available.

General > Orientation


5:40
Orientation
Wrist
Left ✓
Right
Digital Crown

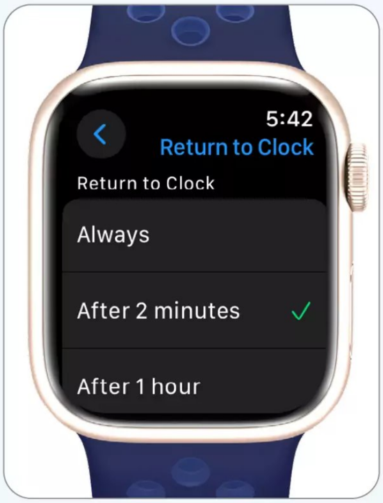
Do you wear your watch on your right or left wrist? Do you prefer your Digital Crown and Side Button on the right-hand or left-hand side of your watch? In this section, you can set this up, so the watch is the right way up and behaves correctly however you wear it.

General > Background App Refresh


5:41
Background App...
ue to refresh, even when their background app refresh setting is off.
Activity ●
Alarms ●

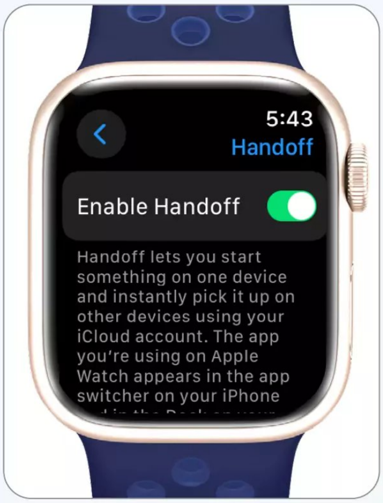
When on, applications refresh their data even when the app is closed. Switching it off saves battery life, but you have to open an app for it to update information such as Activity rings and incoming emails. You can turn off Background Refresh on a per-app basis too.

General > Return to Clock


5:42
Return to Clock
Return to Clock
Always
After 2 minutes ✓
After 1 hour

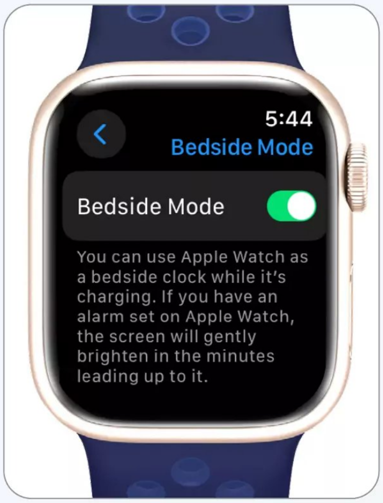
If you launch an app and leave it open, you can set your watch to return to the clock face as soon as you move your wrist, after two minutes or after an hour. You can set individual apps to behave differently to these default settings too, if you wish. Scroll up for the apps.

General > Handoff


5:43
Handoff
Enable Handoff ●
Handoff lets you start something on one device and instantly pick it up on other devices using your iCloud account. The app you're using on Apple Watch appears in the app switcher on your iPhone

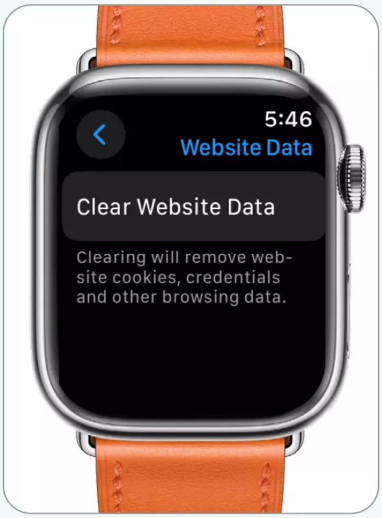
Handoff lets you start a task on one Apple device and pick it up on another. With it on, the app you're using on your watch appears on the iPhone/iPad's App Switcher and the Mac's Dock. Open it on these devices to pick up where you left off on your watch.

General > Bedside Mode


5:44
Bedside Mode
Bedside Mode ●
You can use Apple Watch as a bedside clock while it's charging. If you have an alarm set on Apple Watch, the screen will gently brighten in the minutes leading up to it.

The General Settings page offers a long list of options, including Software Update, Background App Refresh, Orientation, Bedside Mode, Handoff, Dictation, Screenshots and more. Most are self explanatory, but we cover some of the more in-depth ones here.

General > Website Data



5:46

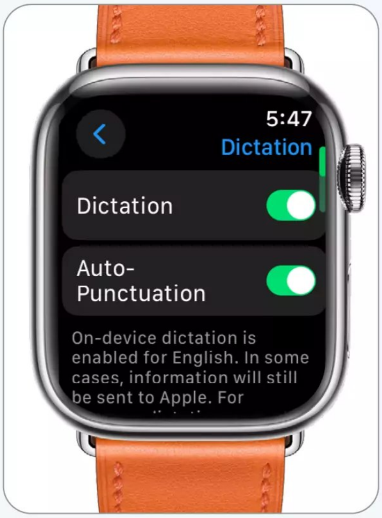
Website Data

Clear Website Data

Clearing will remove website cookies, credentials and other browsing data.

If you want to clear website data such as cookies, credentials and more, open this section and tap the Clear Website Data button. You're invited to clear it or cancel. Clearing website data is good for privacy, but it might slow down reloading pages. It's not really necessary.

General > Dictation



5:47

Dictation

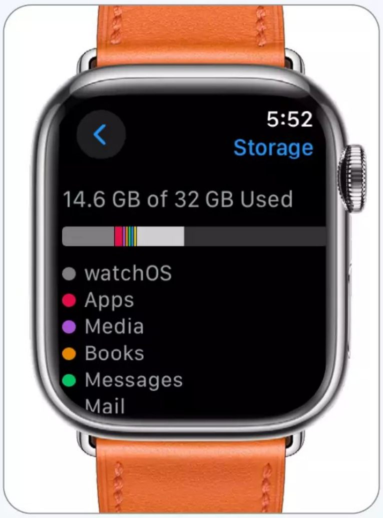
Dictation ●

Auto-Punctuation ●

On-device dictation is enabled for English. In some cases, information will still be sent to Apple. For

If you use your Apple Watch's microphone for Dictation, that is, speaking a message or email and having your speech turned into text, what you say may be sent to Apple for conversion. If you don't want this to happen, turn it off in the General app's Dictation section.

General > Storage



5:52

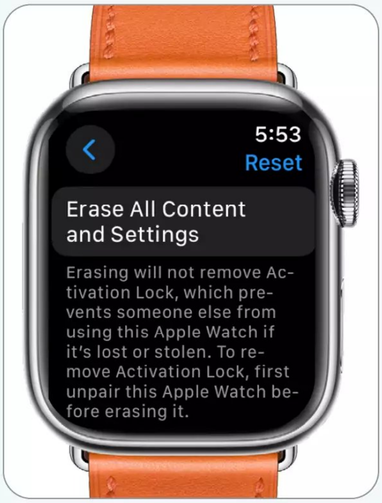
Storage

14.6 GB of 32 GB Used

- watchOS
- Apps
- Media
- Books
- Messages
- Mail

The General app's Storage option shows how much space you have spare on your Apple Watch, and breaks down what you're using your storage for. Scroll up to see your apps listed. Tap one to see how much space the app takes up, and also how much its data uses.

General > Reset



5:53

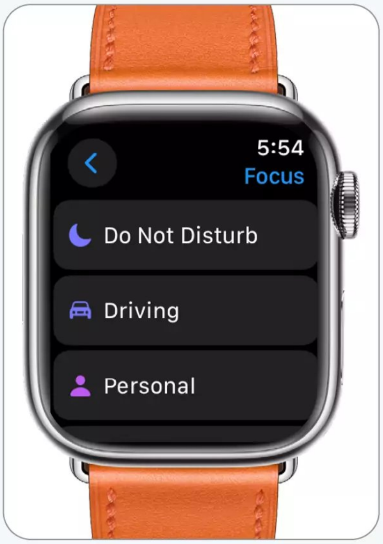
Reset

Erase All Content and Settings

Erasing will not remove Activation Lock, which prevents someone else from using this Apple Watch if it's lost or stolen. To remove Activation Lock, first unpair this Apple Watch before erasing it.

Under this option you can wipe your Apple Watch clean, and start again. It will only remove Activation Lock if you've unpaired it from your iPhone; this is a security feature which prevents a thief using a stolen watch. You can also reset the Home screen here.

Focus



5:54

Focus

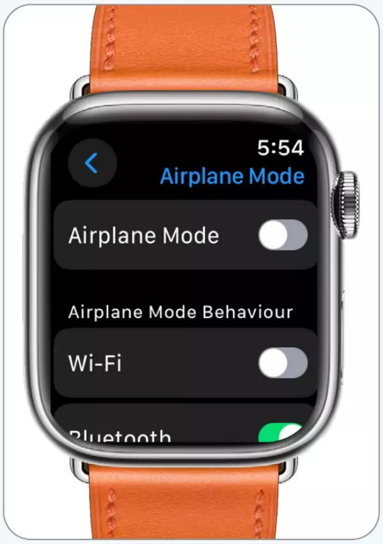
Do Not Disturb

Driving

Personal

If you've set up Focuses on your iPhone, iPad or Mac, they appear here. If not, you're still offered the default Focuses. Tap one to configure it. Scroll for an option to Mirror my iPhone; with this on, activating a Focus on your phone also activates it on your watch.

Airplane Mode



5:54

Airplane Mode

Airplane Mode ○

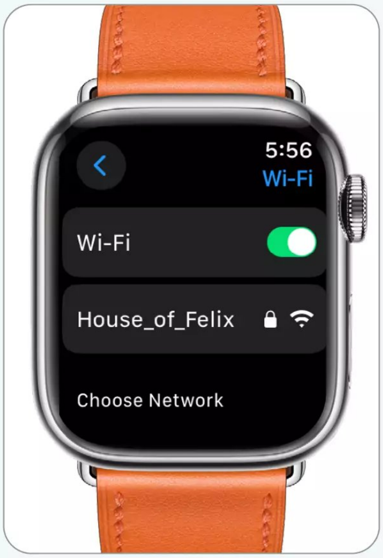
Airplane Mode Behaviour

Wi-Fi ○

Bluetooth ●

Airplane Mode is required when flying on certain airlines. The Airplane Mode lets you switch it on and off. You can also change its behaviour. By default, it turns off Wi-Fi but not Bluetooth, but you can configure this. It always turns off your cellular data.

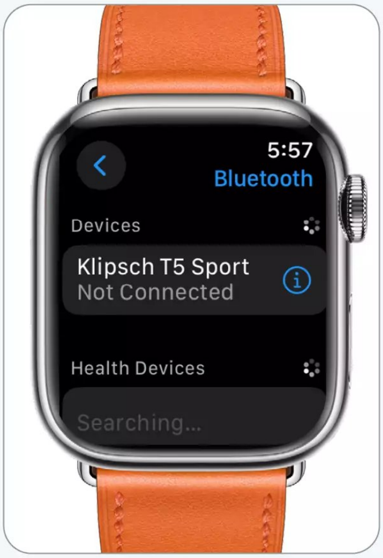
Wi-Fi



5:56
Wi-Fi
Wi-Fi
House_of_Felix
Choose Network

Under this option, you can turn your Apple Watch's Wi-Fi option on and off, and also configure its access to your home network or choose another one to join. You can also set it to automatically join Wi-Fi hotspots, never join them or only join after asking.

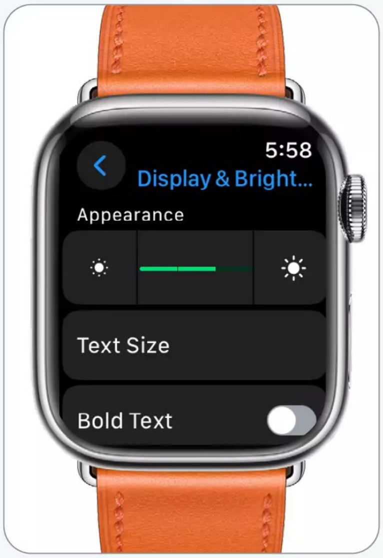
Bluetooth



5:57
Bluetooth
Devices
Klipsch T5 Sport
Not Connected
Health Devices
Searching...

You can pair Bluetooth devices here. Put it into Pairing Mode and open General > Bluetooth, and tap the device when it appears to pair. Tap the 'i' next to a previously paired device and you can delete it from your watch. Scroll for an option to turn Bluetooth off.

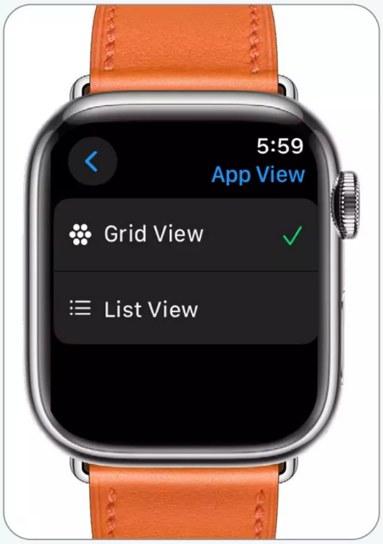
Display & Brightness



5:58
Display & Bright...
Appearance
Text Size
Bold Text

Tap the small or large sun to dim or brighten the screen. Tap Text Size and make on-screen text larger or smaller, and switch Bold Text on or off. You can also change the watch's Always On feature and what's shown, and configure when it wakes from its sleep mode.

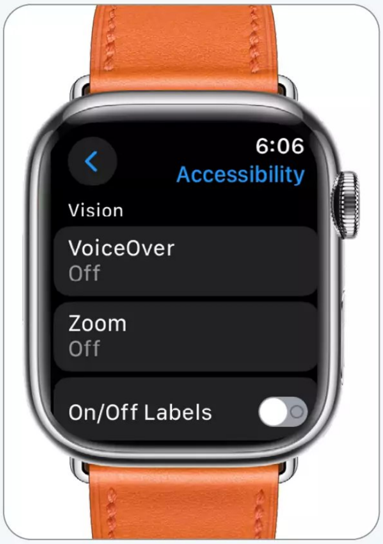
App View



5:59
App View
Grid View ✓
List View

On the Home screen, your Apple Watch's apps can be displayed in Grid View (as round icons set in a grid, like a flower with the watch face in the centre), or a List View (a straightforward list of apps, in alphabetical order). Under App View, you can switch between them.

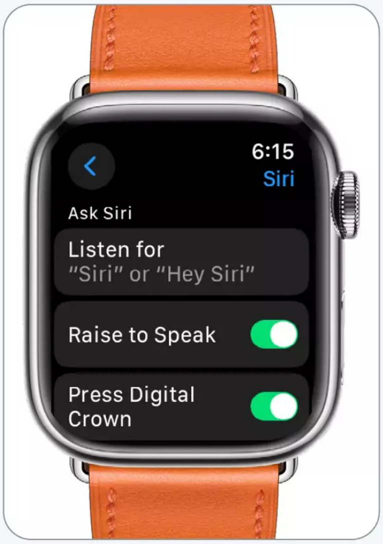
Accessibility



6:06
Accessibility
Vision
VoiceOver
Off
Zoom
Off
On/Off Labels

Accessibility is a range of features designed to help people with a visual, motor or hearing impairment use their Apple Watch. If you have trouble seeing what's going on, for example, you can use Voice Over, Reduce Transparency and more. Take a look and experiment.

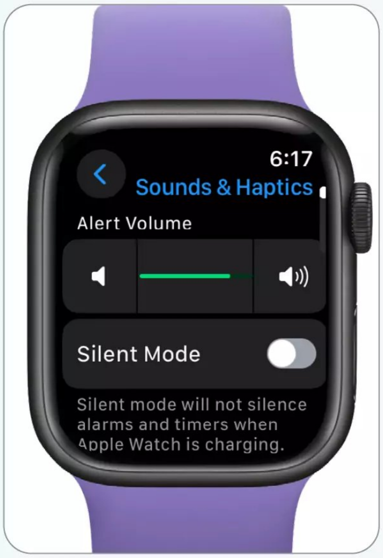
Siri



6:15
Siri
Ask Siri
Listen for
"Siri" or "Hey Siri"
Raise to Speak
Press Digital Crown

Under Siri, you can configure the way Apple's personal digital assistant works on your watch. Do you want Siri to appear when you say, 'Siri' or 'Hey, Siri', when you press the Digital Crown or both? What apps do you want to use with Siri? Change all this and more.

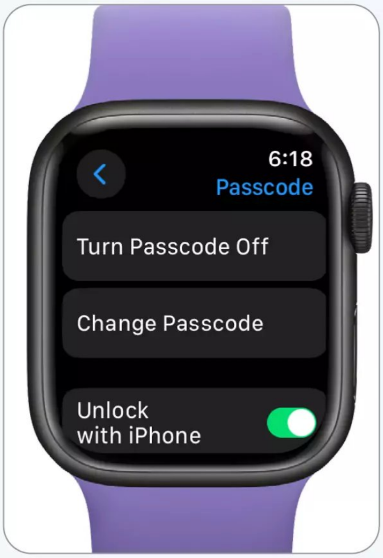
Sounds & Haptics



6:17
Sounds & Haptics
Alert Volume
Silent Mode
Silent mode will not silence alarms and timers when Apple Watch is charging.

Change the alert volume, activate Silent Mode, change the way Crown and System Haptics are delivered and more. Under Headphone Safety, you can see how many times you've been warned your earbuds are too loud, and have over-loud sounds reduced automatically.

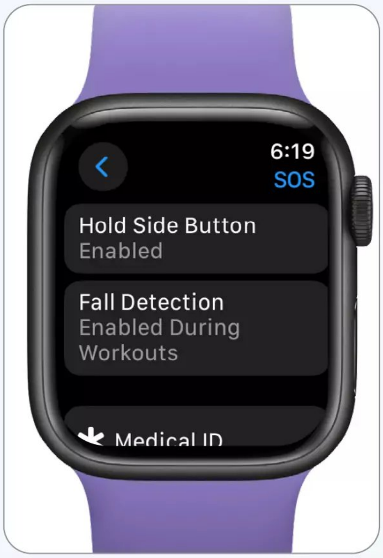
Passcode



6:18
Passcode
Turn Passcode Off
Change Passcode
Unlock with iPhone

Change your Passcode here, or even turn it off, but if you do, cards registered in Apple Pay are deleted. Turn on Wrist Detection and your watch is locked when you're not wearing it, to keep your data safe. Erase Data clears your watch after ten incorrect password attempts.

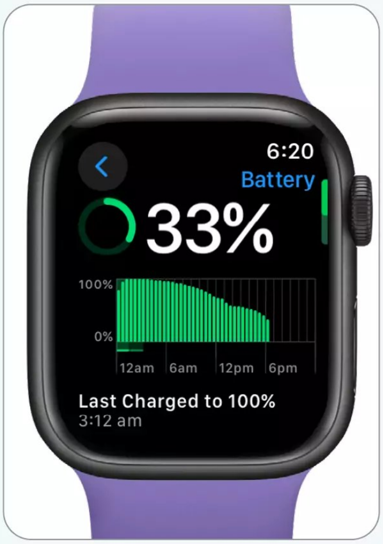
SOS



6:19
SOS
Hold Side Button
Enabled
Fall Detection
Enabled During Workouts
Medical ID

You can make an emergency call from your Apple Watch (through your iPhone on non-cellular models). Hold the Side Button for a slider that makes the call, or have it made automatically if it detects you've had a fall. Turn these options on or off in the SOS option.

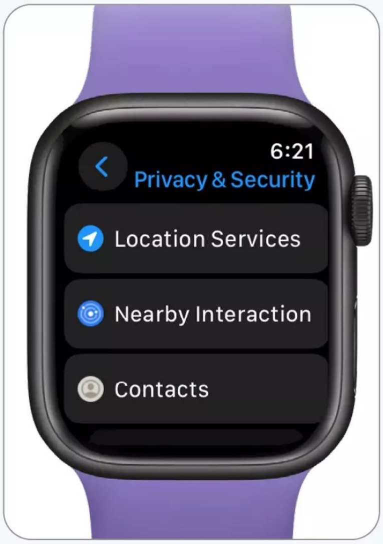
Battery



6:20
Battery
33%
Last Charged to 100%
3:12 am

Here you can check how much battery power you have, and how much power you had over time, via a bar graph that also shows when your watch was on its charger. If your battery is low, Power Reserve turns off most of the watch's functions, so you can tell the time for longer.

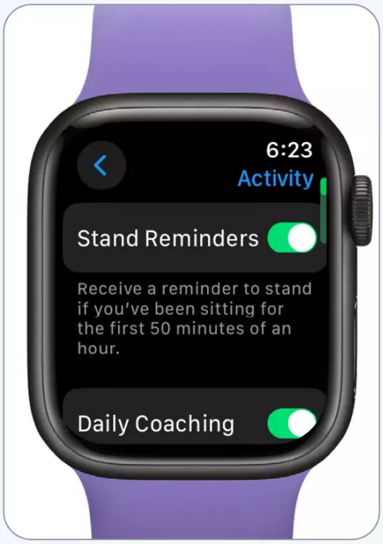
Privacy & Security



6:21
Privacy & Security
Location Services
Nearby Interaction
Contacts

Here you can make configurations to your Apple Watch with privacy in mind. Set how your Location Services work, that is, when and why your watch can tell where you are. You can also configure privacy services on a per-app basis; for apps that need access to other apps.

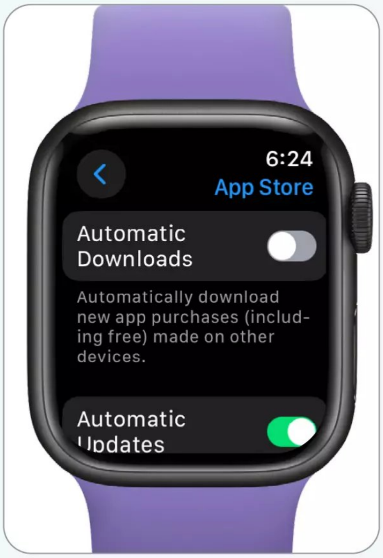
Activity



6:23
Activity
Stand Reminders
Receive a reminder to stand if you've been sitting for the first 50 minutes of an hour.
Daily Coaching

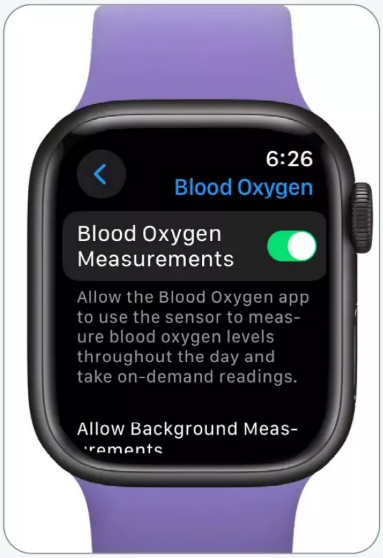
The popular Activity app can also be configured in Settings. You can turn Stand Reminders, Daily Coaching tips and Goal Completions messages on and off, get notifications about Special Challenges and also Activity Sharing Notifications when people share with you.

App Store


6:24
App Store
Automatic Downloads ○
Automatically download new app purchases (including free) made on other devices.
Automatic Updates ●

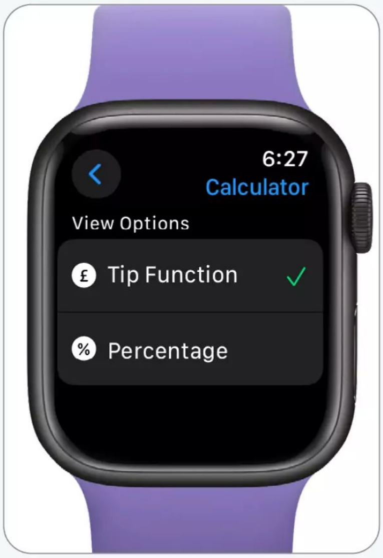
When you buy an app with an Apple Watch sister app on your iPhone, you can have it download automatically on to your watch if you wish. You can also have your apps update automatically, instead of doing so manually on your iPhone. Read about App Store privacy too.

Blood Oxygen


6:26
Blood Oxygen
Blood Oxygen Measurements ●
Allow the Blood Oxygen app to use the sensor to measure blood oxygen levels throughout the day and take on-demand readings.
Allow Background Measurements

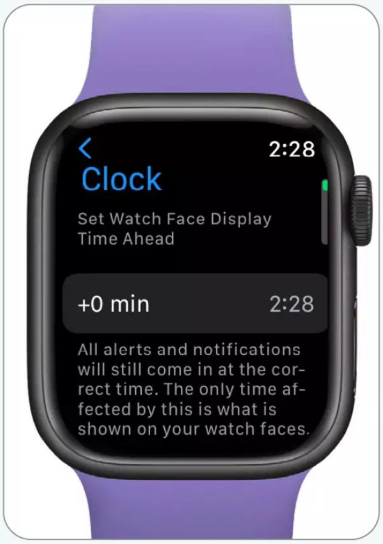
Your Apple Watch can measure your blood oxygen level, as part of your health and fitness programme. In Settings > Blood Oxygen, you can turn off Blood Oxygen Measurements, and set up whether you want them recorded when your watch is in Sleep or Cinema mode.

Calculator


6:27
Calculator
View Options
£ Tip Function ✓
% Percentage

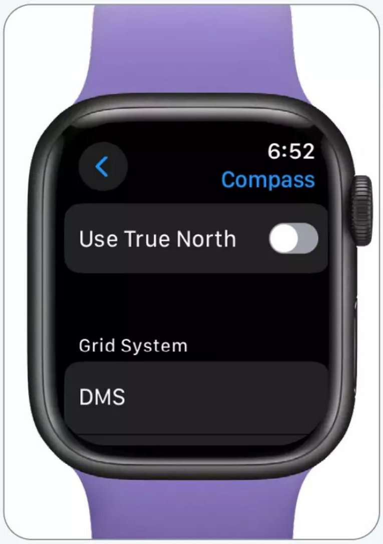
When you're wearing an Apple Watch, you've always got a handy calculator within easy reach. Your Calculator app can calculate tips, and also percentages, using a button on the top row of the calculator. Switch between these functions in Settings > Calculator.

Clock


2:28
Clock
Set Watch Face Display Time Ahead
+0 min 2:28
All alerts and notifications will still come in at the correct time. The only time affected by this is what is shown on your watch faces.

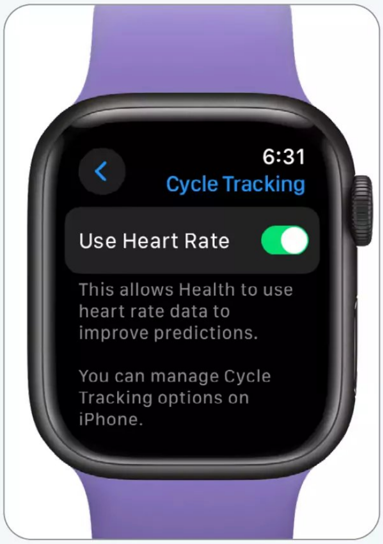
Your Apple Watch sets its time automatically, through the Internet. But some people like to set their watch a few minutes ahead or behind the actual time. You can do either here, as well as have a chime played on the hour, set up a monogram for faces that use them and more.

Compass


6:52
Compass
Use True North ○
Grid System
DMS

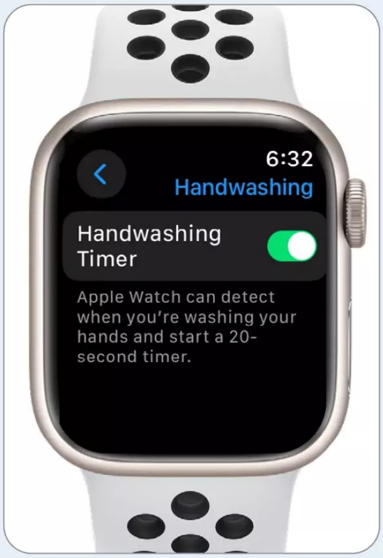
The Compass settings option lets you configure the app. You can opt to use true north instead of magnetic north, and choose which grid system you use. The options are DMS, Decimal Degrees, MGRS/USNG and UTM. This makes the app more useful to serious navigators.

Cycle Tracking


6:31
Cycle Tracking
Use Heart Rate ●
This allows Health to use heart rate data to improve predictions.
You can manage Cycle Tracking options on iPhone.

Cycle Tracking is a recent addition that focuses on women's health. Most of the controls for this feature are found in the iPhone's Health app, but here you can allow Cycle Tracking to use your heart rate to improve predictions regarding your menstrual cycle.

Handwashing



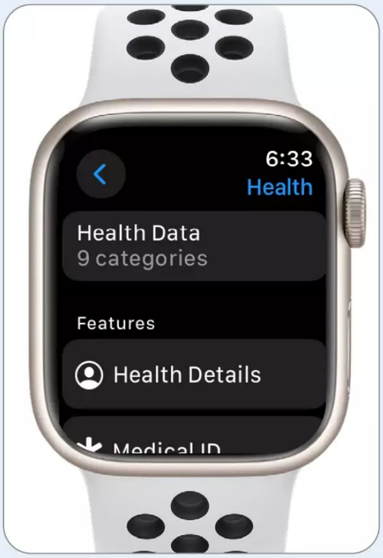
6:32
Handwashing

Handwashing Timer ●

Apple Watch can detect when you're washing your hands and start a 20-second timer.

Do you wash your hands for long enough to kill the coronavirus? Apple Watch can detect when you're hand washing, and start a timer to make sure you wash for at least 20 seconds. It's off by default, but you can turn it on here, in Settings > Handwashing.

Health



6:33
Health

Health Data
9 categories

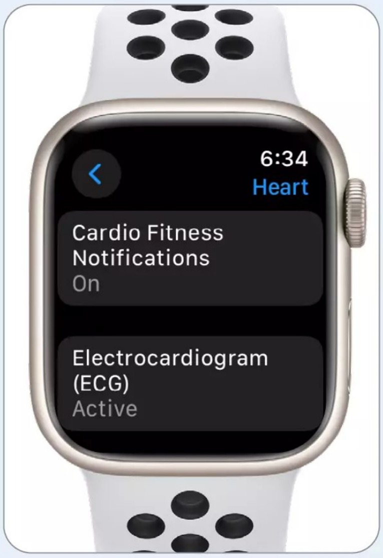
Features

Health Details

Medical ID

Do you want your Health app to have access to information gleaned from other apps and also connected health devices? You can configure this here, and also review your Health Data and Medical ID, and see which devices have added data to your Health app.

Heart



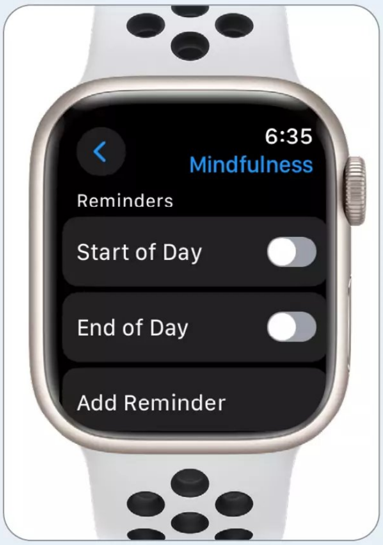
6:34
Heart

Cardio Fitness Notifications
On

Electrocardiogram (ECG)
Active

Your Apple Watch can measure your heart rate, and give you warnings if, while you're inactive, it exceeds a certain rate (120 bpm by default), or drops dangerously low (40 bpm by default). Here you can turn these warnings off, or change their thresholds.

Mindfulness



6:35
Mindfulness

Reminders

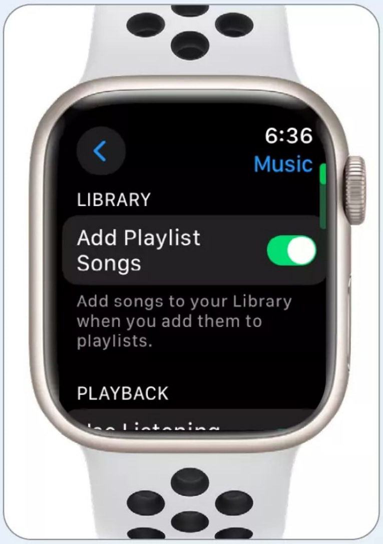
Start of Day ○

End of Day ○

Add Reminder

The Apple Watch's Mindfulness app encourages you to 'focus, centre, and connect as you breathe'. In its Settings section, you can set reminders, add a weekly summary, add new meditations to your watch and more. It's mostly off by default.

Music



6:36
Music

LIBRARY

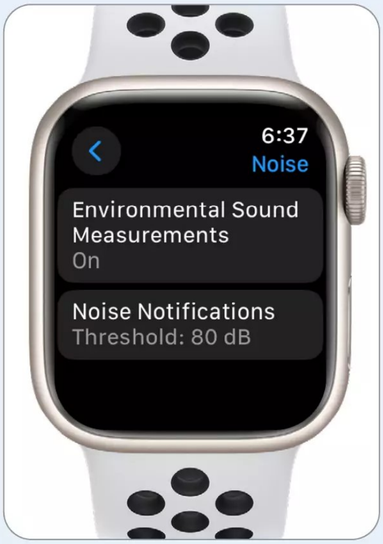
Add Playlist Songs ●

Add songs to your Library when you add them to playlists.

PLAYBACK

There are several ways to configure the way the Music app works. Add Playlist Songs adds tunes you've included in playlists to your Apple Watch. Recent Music does the same for things you've played recently. You can also choose whether to share your Listening History.

Noise



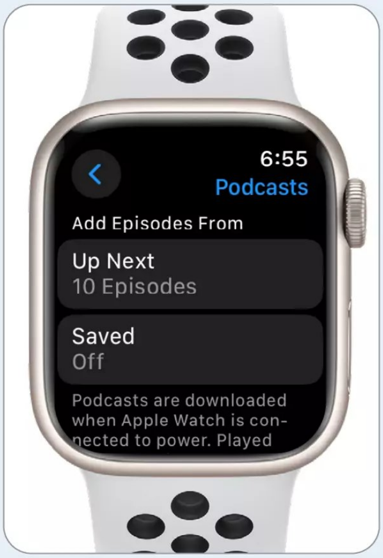
6:37
Noise

Environmental Sound Measurements
On

Noise Notifications
Threshold: 80 dB

If you regularly find yourself in a noisy environment and worry about your hearing, the Noise settings can be set up to measure environmental noise, and give you a warning if it reaches a certain threshold (you choose), so you know when to plug in your earplugs.

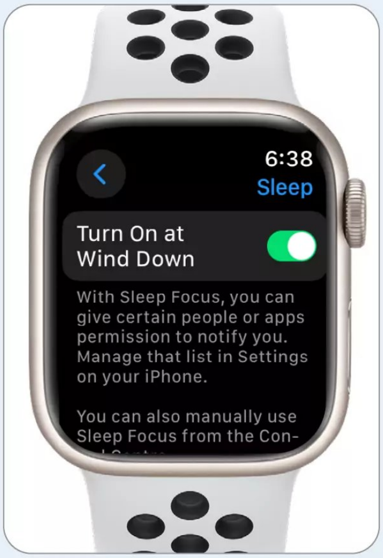
Podcasts



6:55
Podcasts
Add Episodes From
Up Next
10 Episodes
Saved
Off
Podcasts are downloaded when Apple Watch is connected to power. Played

The way the Podcasts app works on Apple Watch can also be configured. You can choose how many unplayed episodes are downloaded to your watch, and how many saved episodes are included. You can also configure controls such as skip forwards and backwards and more.

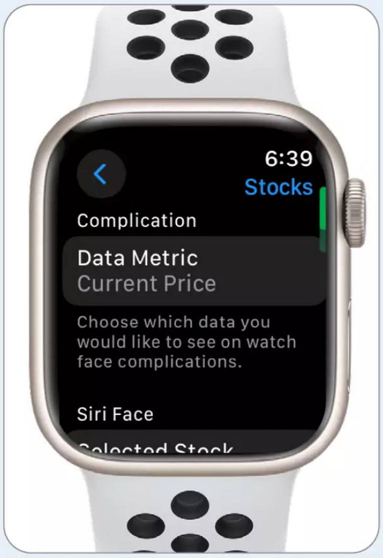
Sleep



6:38
Sleep
Turn On at Wind Down
With Sleep Focus, you can give certain people or apps permission to notify you. Manage that list in Settings on your iPhone.
You can also manually use Sleep Focus from the Con-

When you've set up your Sleep app, you can create bedtime schedules, set sleep goals and more. If you wear your Apple Watch in bed, you can have it track your sleep to find out how much quality sleep time you get and more. Its settings are available then.

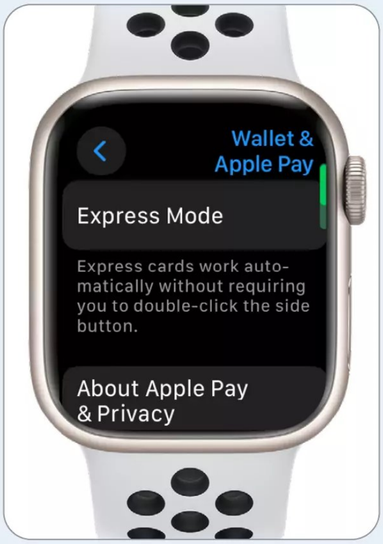
Stocks



6:39
Stocks
Complication
Data Metric
Current Price
Choose which data you would like to see on watch face complications.
Siri Face
Selected Stock

If you have a Stocks complication on the watch face, what do you want displayed on it? In the Stocks settings, you can choose between Current Price, Points Change, Percentage Change and Market Cap. You can also choose what stock you want displayed.

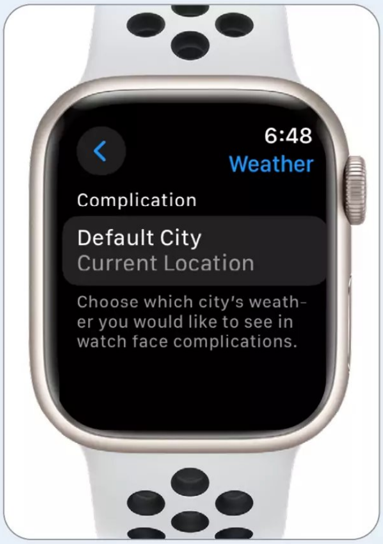
Wallet & Apple Pay



Wallet & Apple Pay
Express Mode
Express cards work automatically without requiring you to double-click the side button.
About Apple Pay & Privacy

If you've set up Apple Pay in your Wallet app, by adding credit and/or debit cards, configure the app here. Set up one of the cards in Express Mode and you can pay with that card without double-clicking the side button. You can set expired tickets and passes to be hidden too.

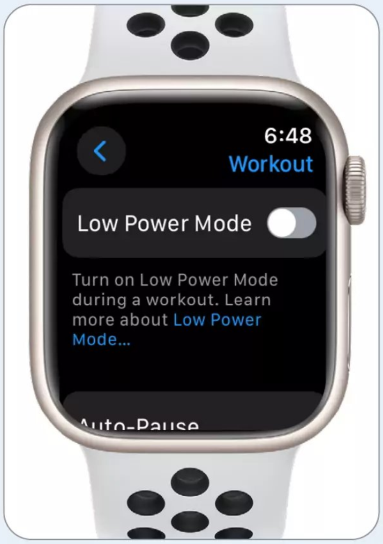
Weather



6:48
Weather
Complication
Default City
Current Location
Choose which city's weather you would like to see in watch face complications.

The Weather setting is another one used for Complications on the watch face. Which location do you want to display the weather in the Complication? By default it's your current whereabouts, but you can set it to a town or city you've added in your Weather app.

Workout



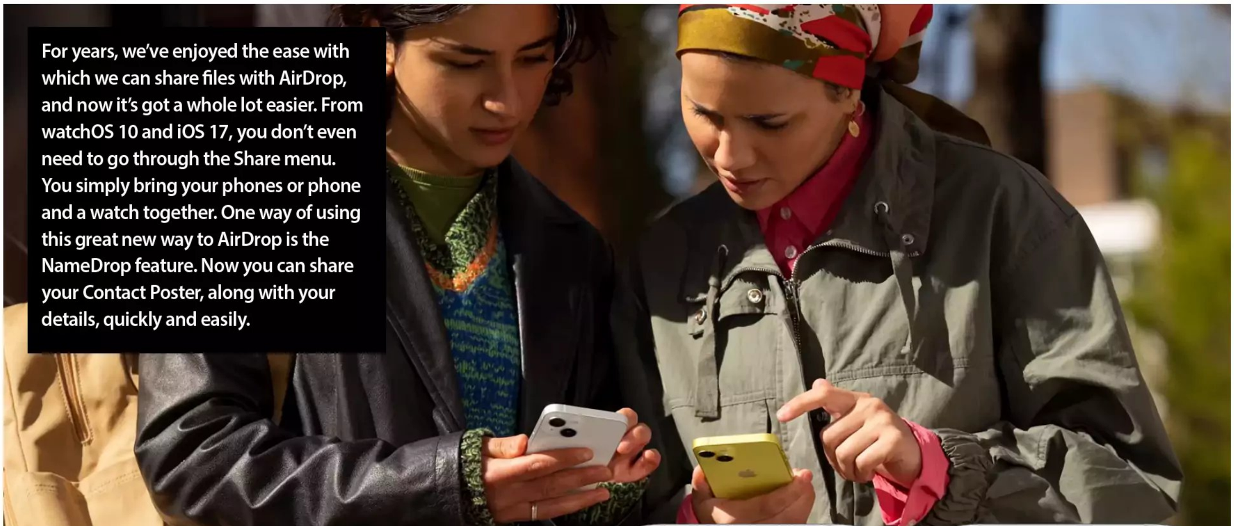
6:48
Workout
Low Power Mode
Turn on Low Power Mode during a workout. Learn more about Low Power Mode...
Auto-Pause

You can configure a lot of settings in the Workout section. Turn on Power Saving Mode during workouts, auto-pause workouts when you have a short rest, Start and End Workout reminders and more. It can even detect when you're using gym equipment.

NameDrop on Your Watch

This great new feature is an offshoot of AirDrop, and it gives you a new way to share your contact details and even media files with other Apple Watch and iPhone users. Here's a guide to using NameDrop.

1:02
Ian Osborne
WATCH

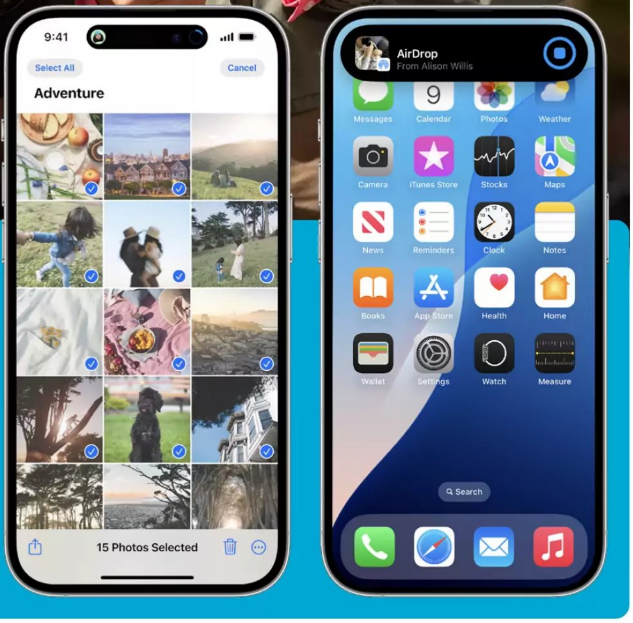


For years, we've enjoyed the ease with which we can share files with AirDrop, and now it's got a whole lot easier. From watchOS 10 and iOS 17, you don't even need to go through the Share menu. You simply bring your phones or phone and a watch together. One way of using this great new way to AirDrop is the NameDrop feature. Now you can share your Contact Poster, along with your details, quickly and easily.

AirDropping with NameDrop

The NameDrop gesture, that is, bringing iPhones together, can also be used to share content. Instead of going through the Share menu, you can choose files such as photographs, videos, documents and other things you might have previously AirDropped, and share them with an iPhone-owning friend by bringing your phones together.

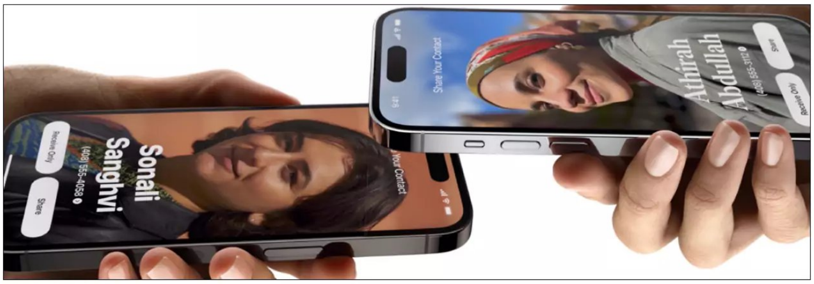
If you need to walk away and leave AirDrop range while the file or files are transferring, the transfer continues over the Internet instead.


9:41
Select All
Cancel
Adventure
15 Photos Selected
AirDrop
From Alison Willis
Messages
Calendar
Photos
Weather
Camera
iTunes Store
Stocks
Maps
News
Reminders
Clock
Notes
Books
App Store
Health
Home
Wallet
Settings
Watch
Measure
Search

How to use NameDrop

9:41
Monday, June 5
9:41
Monday, June 5

1 First of all, you bring your phones close together. You don't have to do anything beforehand – just bring them into close proximity. Both iPhones must be running iOS 17 or later.


Sonali Sanghvi
(408) 555-4068
Receive Only
Share
Athirah Abdullah
Share Your Contact
Receive Only
Share

2 When your phones detect each other, your contact posters appear. Look at the buttons at the foot of the screen. If you only want to take the contact details from the other person without sharing your own, tap Receive Only. If you want to share your contact details with them, tap Share. You can choose which details you wish to share.

Athirah Abdullah
Sonali Sanghvi
Contact Photo & Poster
FaceTime
mobile
Done

3 Your details are exchanged, leaping from your own iPhone to the other person's iPhone (assuming you opted to share, of course). The details you have gained through NameDrop are then saved into the Contacts app. This is much easier than opening a new Contacts card and typing them all out, an item at a time.

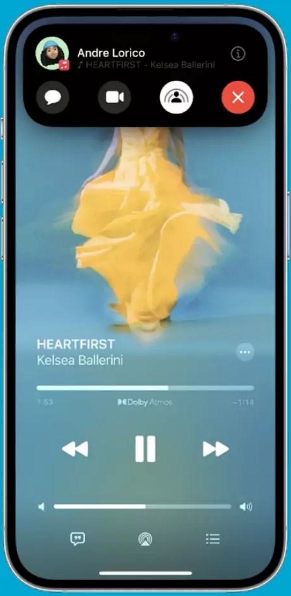
Diana Dao
Just Receive
Share
Share Your Contact
9:41

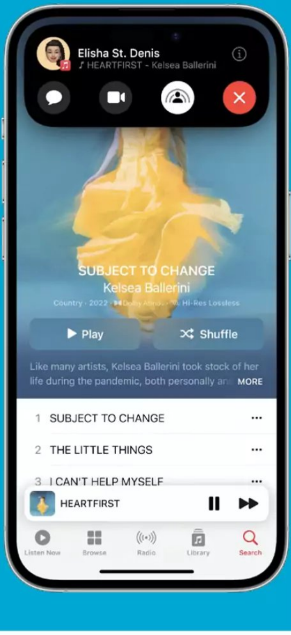
4 You can NameDrop between an iPhone and an Apple Watch too. The iPhone must be running iOS 17 or later and the Apple Watch needs to be running watchOS 10 or later.

SharePlaying with NameDrop

You can also use the NameDrop gesture to initiate a SharePlay session. If you want to share music, for example, you can do this by bringing your iPhones together and the tunes will play in sync.

Apple is including this gesture in the SharePlay programming tools, and the gesture will work automatically for third-party apps that support SharePlay.


Andre Lorico
HEARTFIRST - Kelsea Ballerini
HEARTFIRST
Kelsea Ballerini
Dolby Atmos

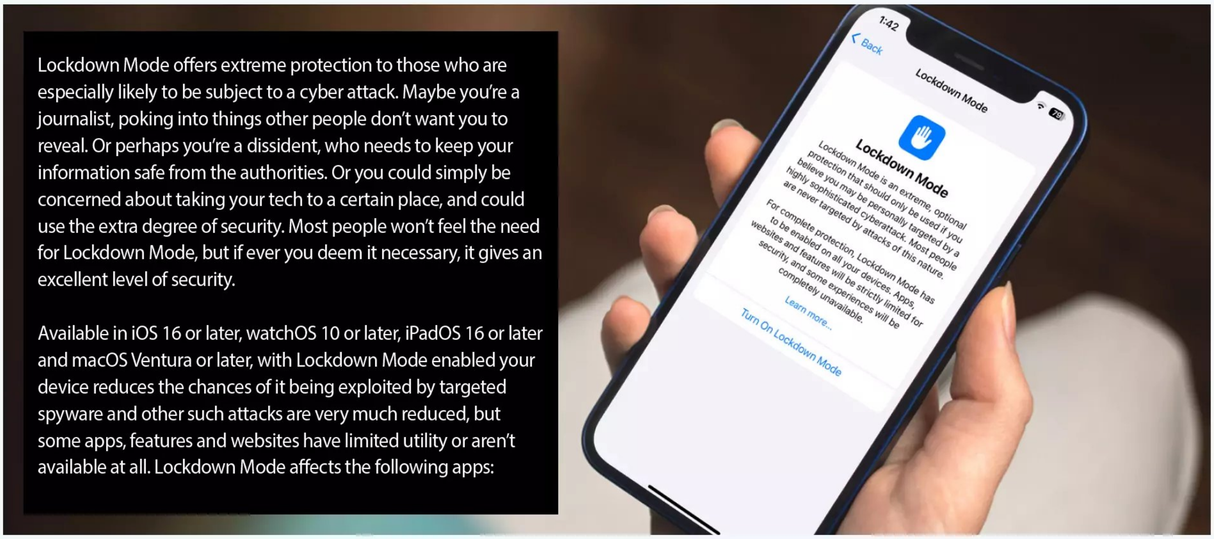

Elisha St. Denis
HEARTFIRST - Kelsea Ballerini
SUBJECT TO CHANGE
Kelsea Ballerini
Country · 2022 · Dolby Atmos · Hi-Res Lossless
Play
Shuffle
Like many artists, Kelsea Ballerini took stock of her life during the pandemic, both personally an MORE
1 SUBJECT TO CHANGE
2 THE LITTLE THINGS
3 I CAN'T HELP MYSELF
HEARTFIRST
Listen Now
Browse
Radio
Library
Search

Lockdown Mode on Watch

The iPhone's Lockdown Mode, which protects those who are especially vulnerable to cyber attacks, now covers the Apple Watch as well. Here's what it does, and how to activate and deactivate it.

Lockdown Mode offers extreme protection to those who are especially likely to be subject to a cyber attack. Maybe you're a journalist, poking into things other people don't want you to reveal. Or perhaps you're a dissident, who needs to keep your information safe from the authorities. Or you could simply be concerned about taking your tech to a certain place, and could use the extra degree of security. Most people won't feel the need for Lockdown Mode, but if ever you deem it necessary, it gives an excellent level of security.

Available in iOS 16 or later, watchOS 10 or later, iPadOS 16 or later and macOS Ventura or later, with Lockdown Mode enabled your device reduces the chances of it being exploited by targeted spyware and other such attacks are very much reduced, but some apps, features and websites have limited utility or aren't available at all. Lockdown Mode affects the following apps:



Lockdown Mode

Lockdown Mode is an extreme, optional protection that should only be used if you believe you may be personally targeted by a highly sophisticated cyberattack. Most people are never targeted by attacks of this nature.

For complete protection, Lockdown Mode has to be enabled on all your devices. Apps, websites and features will be strictly limited for security, and some experiences will be completely unavailable.

- **Messages**
Most attachments other than images, video and audio are blocked, and links and previews are unavailable. Regular SMS messages are unaffected.

- **Surfing the Web**
Some web technologies are blocked, meaning some websites load slowly or don't function correctly. Some web fonts might not be shown, and some images could be replaced with the missing image icon.

- **FaceTime**
Unless you've previously called the person in question, incoming FaceTime calls are blocked. Features such as SharePlay and Live Photos are unavailable.

- **Apple Services**
A lot of incoming invitations to use Apple's services such as a request to manage a Home app are blocked, though if you've invited the recipient before, it should get through.

- **Photos**
If you share photographs or videos, information such as where they were taken is removed. Shared albums and their invitations are blocked, but can still be seen on other devices not in Lockdown Mode.

- **Connect to Other Devices**
To do this, you have to take your device out of Lockdown Mode, as the Lockdown feature prevents connections to greatly reduce the threat of cyber attacks.

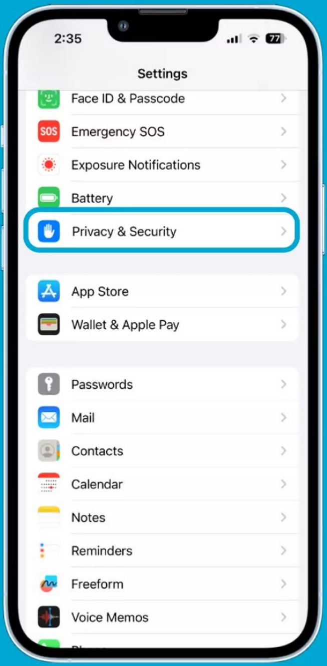
- **Wi-Fi**
To keep you safe from Wi-Fi-based cyber attacks, your iPhone disconnects from non-secure networks, and it will no longer automatically join them. Also, 2G cellular data support is turned off as well.

- **Settings**
You can't install configuration profiles or enrol your iPhone in Mobile Device Management or device supervision programmes.

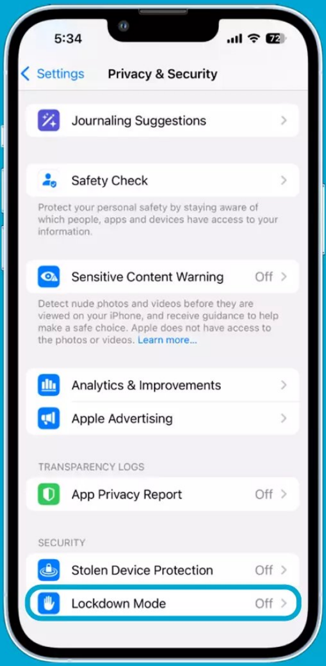
- **Emergency Calls**
Calls to your local emergency services are unaffected. You can still call the the police or medical services in the usual way while your iPhone is in Lockdown Mode.

Activating LockDown Mode on your iPhone and Apple Watch

When you activate Lockdown Mode on your iPhone (iOS 16 or later), your Apple Watch (watchOS 10 or later) is automatically included too. Here's how to turn it on and off.


2:35
Settings
Face ID & Passcode
Emergency SOS
Exposure Notifications
Battery
Privacy & Security
App Store
Wallet & Apple Pay
Passwords
Mail
Contacts
Calendar
Notes
Reminders
Freeform
Voice Memos

1 From the Home screen on your iPhone, open the Settings app Tap the Privacy & Security option, as shown.


5:34
Settings
Privacy & Security
Journaling Suggestions
Safety Check

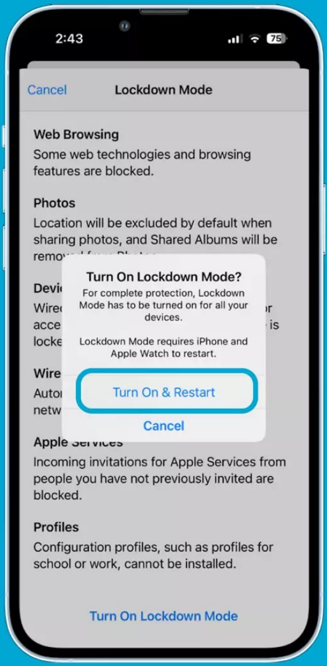
Protect your personal safety by staying aware of which people, apps and devices have access to your information.

Sensitive Content Warning Off

Detect nude photos and videos before they are viewed on your iPhone, and receive guidance to help make a safe choice. Apple does not have access to the photos or videos. Learn more...

Analytics & Improvements
Apple Advertising
TRANSPARENCY LOGS
App Privacy Report Off
SECURITY
Stolen Device Protection Off
Lockdown Mode Off

2 Scroll to the bottom of this section. You see an option called Lockdown Mode, which is off by default. Tap it.


2:43
Cancel
Lockdown Mode

Web Browsing
Some web technologies and browsing features are blocked.

Photos
Location will be excluded by default when sharing photos, and Shared Albums will be

Turn On Lockdown Mode?
For complete protection, Lockdown Mode has to be turned on for all your devices.

Lockdown Mode requires iPhone and Apple Watch to restart.

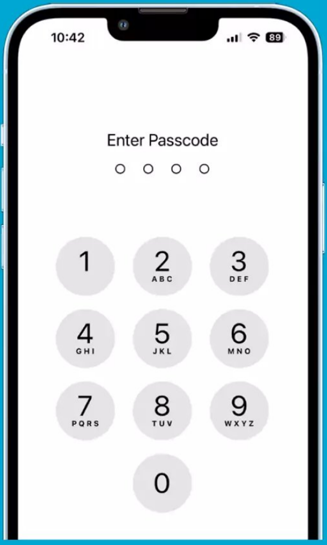
Turn On & Restart
Cancel

Apple
Incoming invitations for Apple Services from people you have not previously invited are blocked.

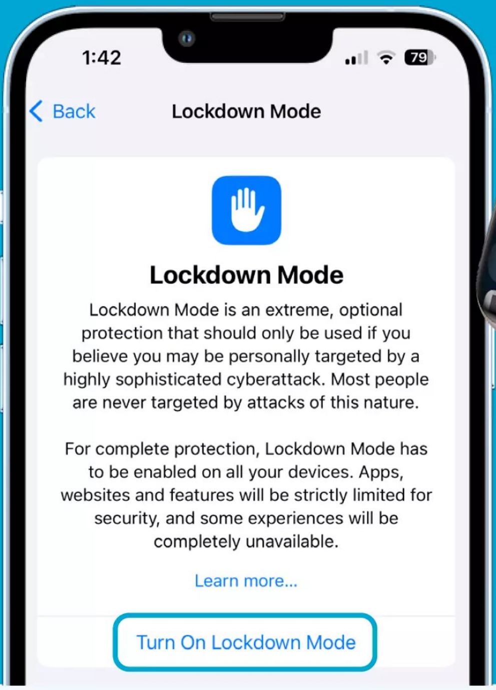
Profiles
Configuration profiles, such as profiles for school or work, cannot be installed.

Turn On Lockdown Mode

3 On the next screen, tap Turn on Lockdown Mode and again on the screen after.


10:42
Enter Passcode
1
2 ABC
3 DEF
4 GHI
5 JKL
6 MNO
7 PQRS
8 TUV
9 WXYZ
0

4 Enter your passcode. All Apple devices on your network and signed into your Apple ID restart in Lockdown Mode.


1:42
Back
Lockdown Mode

Lockdown Mode

Lockdown Mode is an extreme, optional protection that should only be used if you believe you may be personally targeted by a highly sophisticated cyberattack. Most people are never targeted by attacks of this nature.

For complete protection, Lockdown Mode has to be enabled on all your devices. Apps, websites and features will be strictly limited for security, and some experiences will be completely unavailable.

Learn more...
Turn On Lockdown Mode

12:13
12/10/2023
9:32 am
Lockdown Mode enabled. Images have not been loaded.
Load All Images

5 Your Apple Watch and iPhone are now in Lockdown Mode. To turn it off again, repeat these steps and tap Turn Off Lockdown Mode.

Fri
5

Pre-Installed Watch Apps

Apple Watch has some fantastic bundled apps. Most of them are companions to applications on your iPhone, but a few are watch-exclusive. In this section, we take an in-depth look at the Apple Watch's apps, showing you what they can do and how to get the most from them. With our help, you can send messages and emails from your wrist, review your photos, listen to audiobooks and podcasts, and more.

Learn more >

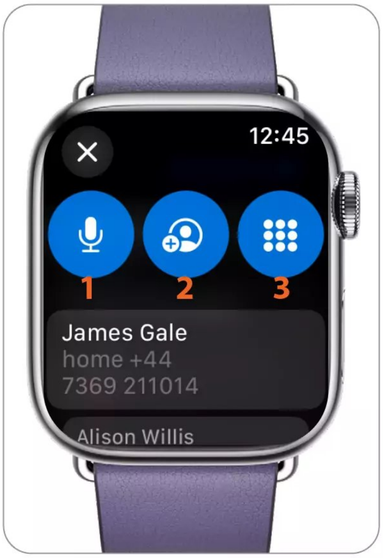
Messages on Your Watch

The Messages app is probably one of the most used features on your iPhone. You can send and receive messages through your iPhone with your Apple Watch by using Dictation, the keyboard, sending an audio message or using a standard reply. You can even throw in an emoji. Here's how to read and reply to Messages on your watch.

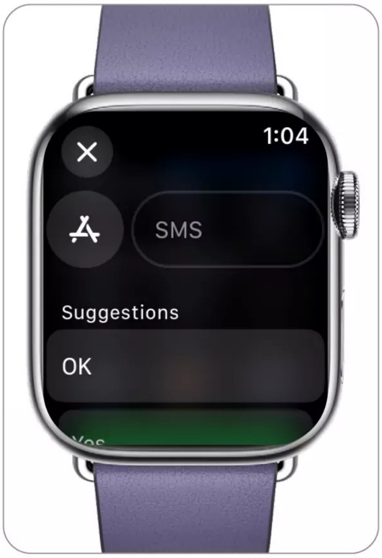
12:22
Alison
JG
James
JW
Jonathan
MA
Mark
BO
Martin
EW
Football
WATCH

Using the Messages App

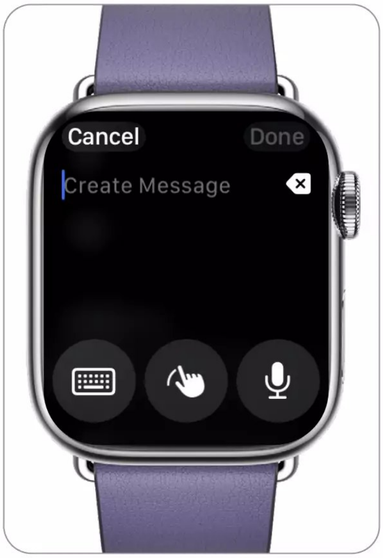
The Apple Watch Messages app isn't as comprehensive as the iPhone version but you can still get a fair bit done with it. Here's a guide to sending and receiving messages and more; all from on your Apple Watch.


12:45
1
2
3
James Gale
home +44
7369 211014
Alison Willis

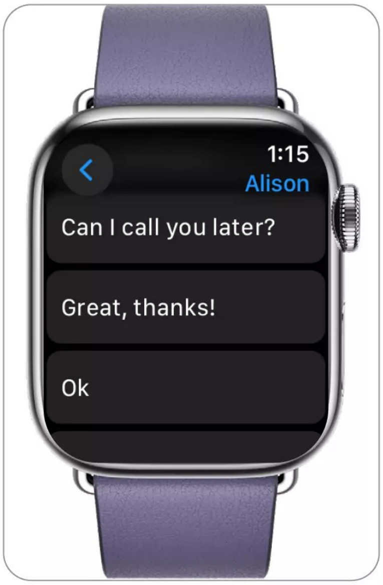
1 Open Messages and you see your conversations. Turn the Digital Crown back to see your pinned contacts, or forwards to scroll down your list. Tap a conversation to add to it, or tap the new message icon atop the screen to start a new one. Tap Add Contact and use Dictation [1], your Contacts app [2] or the keypad [3] to add a person or number.


1:04
SMS
Suggestions
OK
Yes

2 If you're adding a person from your Contacts app, choose which phone number you wish to send the message to. Then tap Create Message, and tap the iMessage or SMS field. To reply to an existing message, scroll to the conversation you want to reply to. Tap the field titled 'SMS' or 'iMessage', then enter you can enter your message.


Cancel
Done
Create Message

3 Tap the keyboard icon for the virtual keyboard (Series 7 watch or later). Swipe it up to change between keyboards you have previously installed on your Apple Watch. The finger drawing on the screen gives you the Scribble feature, the smiley face offers emojis and the mic gives speech to text.

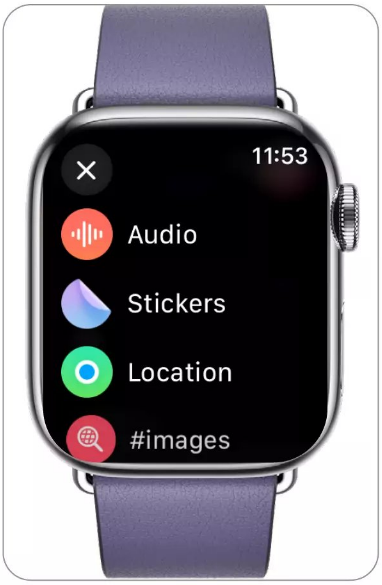


Can I call you later?

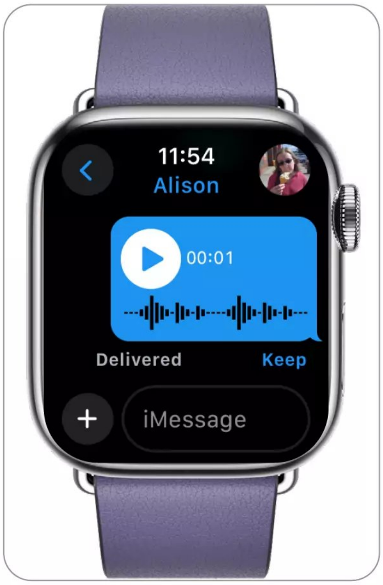
Great, thanks!

Ok

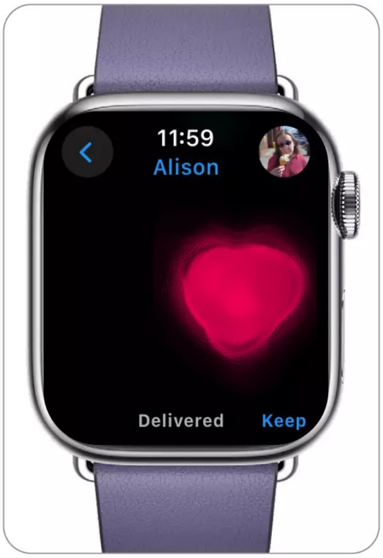
4 Whether you're sending a new message or replying to a message that's already in your conversations list, instead of tapping the text field, you can scroll up for 'Suggestions'; a list of ready-made comments. Tap one to send it. Scroll up further for the option to send your location.


11:53
Audio
Stickers
Location
#images

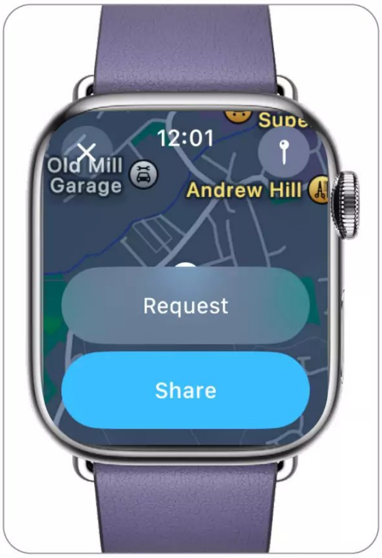
5 You can send various media as messages. To do so, instead of writing a message tap the Plus icon next to the text field and then choose an option from the list. You can send an audio message, your location, stickers, images, and sketches made after choosing the Digital Touch option.


11:54
Alison
00:01
Delivered
Keep
+
iMessage

6 To send an audio clip (as opposed to speaking a message that gets converted to text), tap the 'A' icon next to the text field and then tap the wave form icon. Tap Send when you've finished. The audio clip arrives as a picture of a wave form with a Play icon, or as a regular text if sent to non-Apple devices.

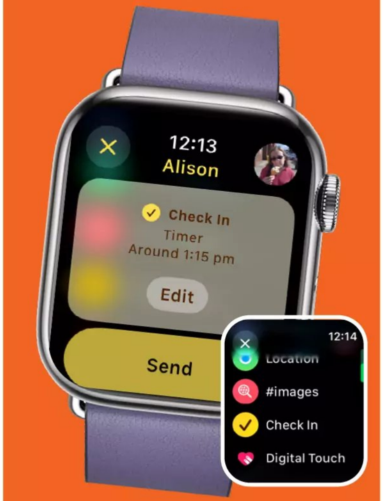

11:59
Alison
Delivered
Keep

7 Use Digital Touch to draw a sketch, changing the colours using the dot in the top right. When finished, tap Done to send it. You can also send 'feelings' here. Tap with two fingers for a kiss, tap and hold with two fingers for a heartbeat, do this then drag down for a heartbreak, hold with one finger for a fireball.


12:01
Old Mill Garage
Andrew Hill
Request
Share

8 Tap the Send Location option and you can send details of your whereabouts to another person, or request that they send theirs. Just tap the button. When sending your location, and on the next screen you can choose whether it's given for one hour, until the end of the day or indefinitely.

Check In


12:13
Alison
Check In
Timer
Around 1:15 pm
Edit
Send
12:14
Location
#images
Check In
Digital Touch

A new option in Messages for Apple Watch, also activated through the Plus menu, is Check In. You use it to let friends and family know when you've arrived at your destination, so they know you're safe. The feature was introduced on the iPhone last year, and can now be activated from the watch.

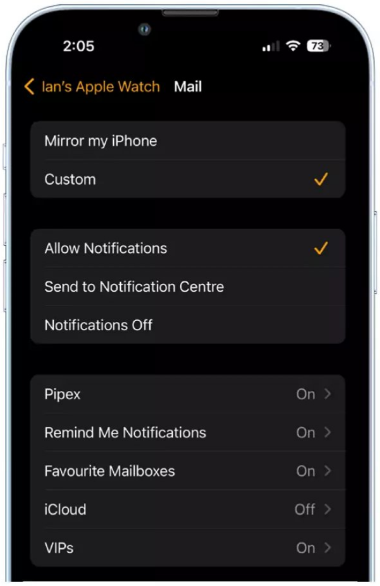
Mail From Your Wrist

It's amazing what you can do with Mail on the Apple Watch. You can read and reply to incoming emails, set it up so you only get emails from certain mailboxes on your watch, delete unwanted messages and flag any for later review. Then if you need more comprehensive tools, it's easy to switch to the iPhone's Mail app and read the same email.

2:00
Mailboxes
All Inboxes
iCloud
Pipex

Configuring the Apple Watch Mail App

It's wise to spend time with your iPhone's Watch app to set up the Apple Watch's email service to work how you want it to. So open your iPhone's Watch app, tap My Watch then Mail and follow these tips.


2:05

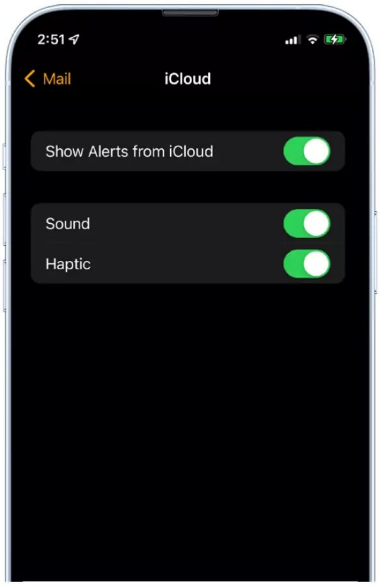
< Ian's Apple Watch Mail

Mirror my iPhone
Custom ✓

Allow Notifications ✓
Send to Notification Centre
Notifications Off

Pipex On >
Remind Me Notifications On >
Favourite Mailboxes On >
iCloud Off >
VIPs On >

1 Do you want to mirror the settings you've set up for your iPhone's Mail app or configure the watch app separately? If the latter, tap Custom and adjust the settings to suit your needs. They're fairly self explanatory and you can change them again later if you wish.

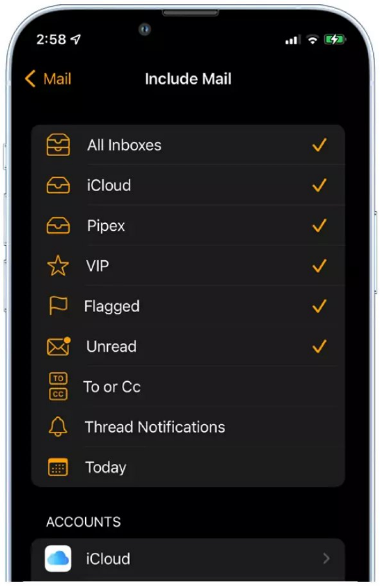

2:51

< Mail iCloud

Show Alerts from iCloud ●

Sound ●
Haptic ●

2 You can set your alerts on a mailbox by mailbox basis and also for correspondents you've identified as VIPs. This is great if you have more than one mailbox set up on your iPhone and for example, you want alerts from your personal account but not work emails.


2:58

< Mail Include Mail

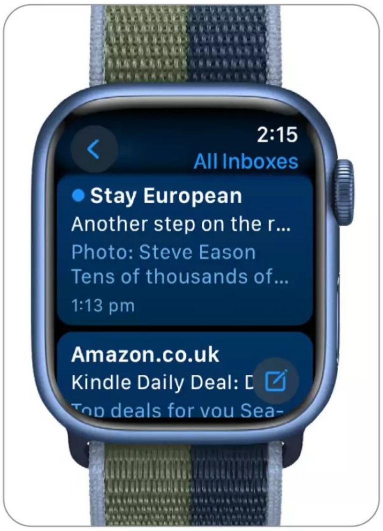
All Inboxes ✓
iCloud ✓
Pipex ✓
VIP ✓
Flagged ✓
Unread ✓
To or Cc
Thread Notifications
Today

ACCOUNTS
iCloud >

3 Under Mail Settings > Include Mail you can set which email inboxes are sent to your watch, how much of the message is previewed on the watch screen and more. To edit your default replies and signature, tap on one and type over it. Default replies are available when replying to emails.

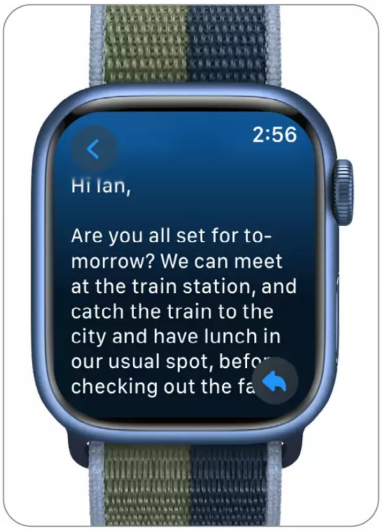
Using the Apple Watch's Mail App

Now you've set it up, it's time to take a look at how to use the Mail application on your Apple Watch. You can even reply to incoming emails, right from your wrist. Here's how to get the most from the Apple Watch Mail app.



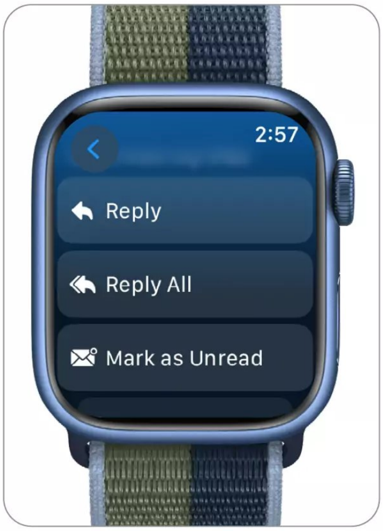
Stay European
Another step on the r…
Photo: Steve Eason
Tens of thousands of…
1:13 pm

Amazon.co.uk
Kindle Daily Deal: D
Top deals for you Sea-



Hi Ian,

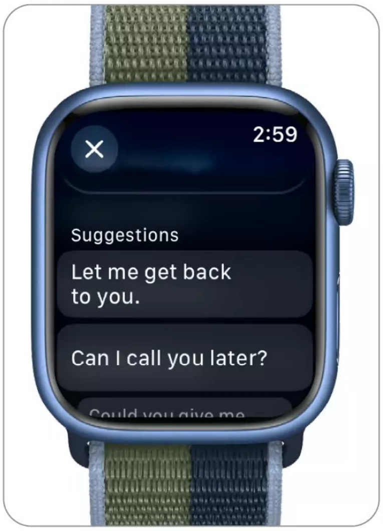
Are you all set for to-morrow? We can meet at the train station, and catch the train to the city and have lunch in our usual spot, befo checking out the fa

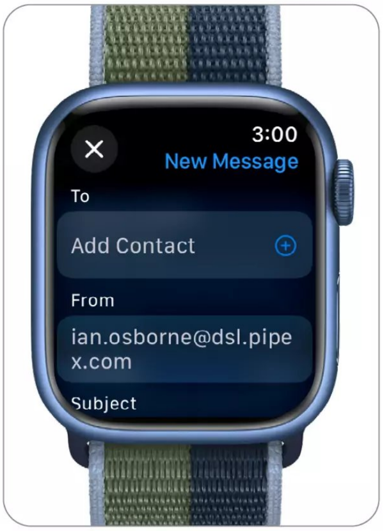


1 When you get an alert saying you've got an email, tap it to read. Alternatively open the Mail app and scroll through the list of emails with the Digital Crown; tap the one you want to open. A blue dot next to the title means you haven't opened it yet.

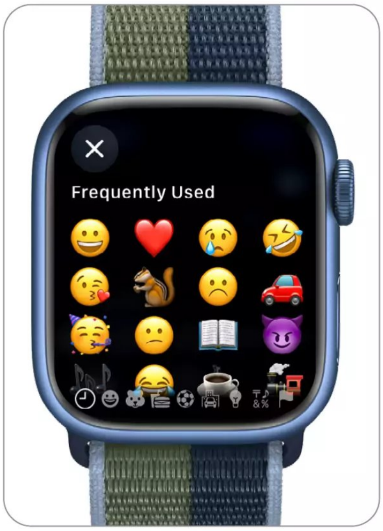
2 To read an email when you've opened it, scroll up and down with the Digital Crown, or by swiping up and down on the screen. To get back to the previous screen and choose another email to read, tap the chevron in the top-left corner of the Apple Watch screen.

3 Scroll to the bottom of an open email to find these options. You can reply to the email, reply to the sender and all other recipients, mark it as unread so the blue dot is returned, flag it for later review or bin it by tapping Delete Message.





To
Add Contact
From
ian.osborne@dsl.pipex.com
Subject



4 When replying to an email, you can select a default reply instead of typing one. After tapping the Reply button, instead of tapping on the text field, scroll down and tap one. You can add new default replies in the iPhone's Watch app, under Mail.

5 To send a new email directly from your watch, at the top of the main screen showing your emails, tap the New Message button (bottom right). Then you can add a recipient or recipients, enter a subject and the message, then send it in the usual way.

6 While typing an email message, if you want to add an emoji, tap the smiley icon in the bottom-left corner of the keyboard or Scribble screen. You can then choose an emoji from those on offer. Scroll up and down the big list using the Digital Crown.

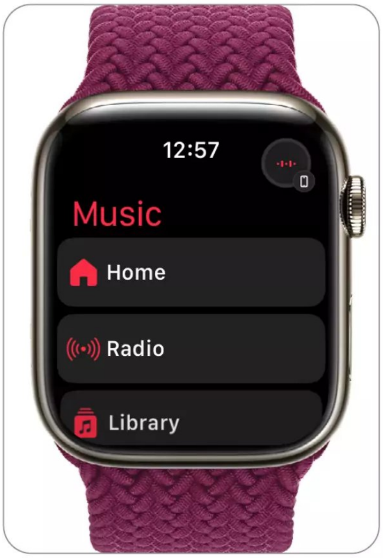
Enjoying Your Music

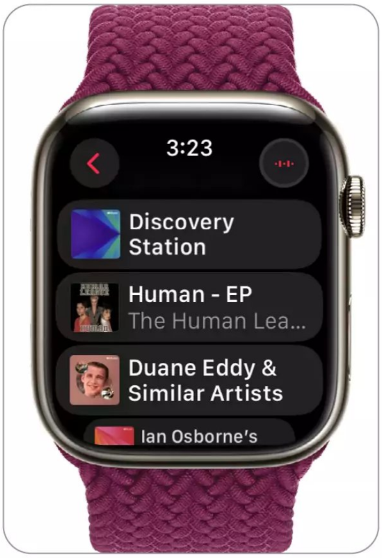
You can use Music on Apple Watch to control the Music app on your iPhone, picking a track or album to play, skipping and pausing your sounds, changing the volume and more. Just the thing if you have your iPhone in a speaker dock. You can also sync tracks to your Apple Watch, so you can listen to your music without having your iPhone nearby.

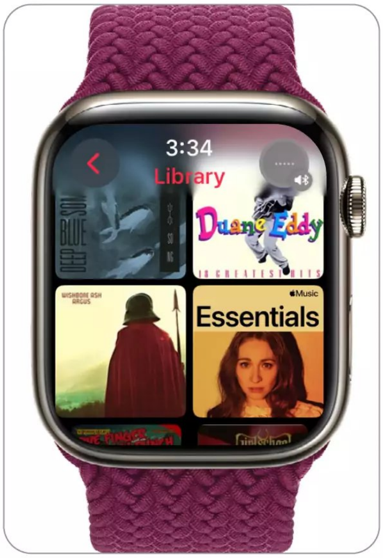
3:16
Too Far Gone? (Live at Met
Metallica

Using the Music App

Music is one of the best apps on the Apple Watch. Why get up and change tracks on your iPhone when you can do it directly from your watch, right there on your wrist? Here's how to take advantage of the Music app's features.


12:57
Music
Home
Radio
Library

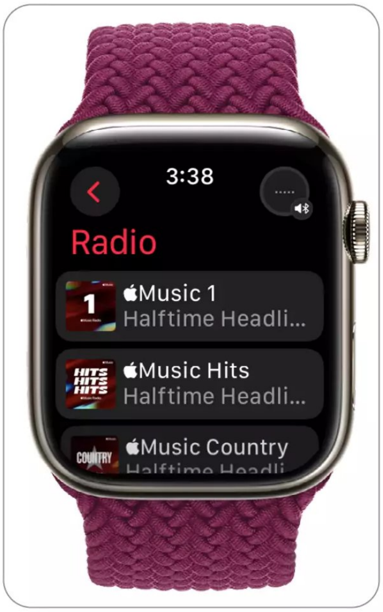

3:23
Discovery Station
Human - EP
The Human Lea...
Duane Eddy & Similar Artists
Ian Osborne's


3:34
Library
Duane Eddy
Essentials

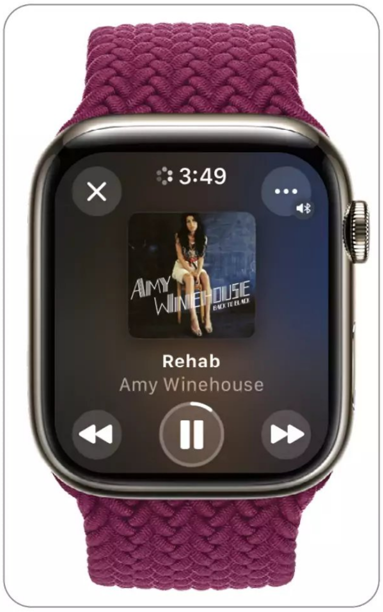
1 Open the Music app on your Apple Watch, and scroll to the top of the screen. If you want to listen to music that's on your iPhone, tap Library button and navigate to what you want. The music will play on your phone, or on a Bluetooth audio device connected to your phone, such as a speaker set or a pair of earbuds.

2 Library > Downloaded lets you play music directly from your Apple Watch. This is music that's been synced or transferred to your watch. You can listen to this music through Bluetooth devices paired with the watch itself, without your phone. The Listen Now option lets you explore Apple Music, if you have a subscription.

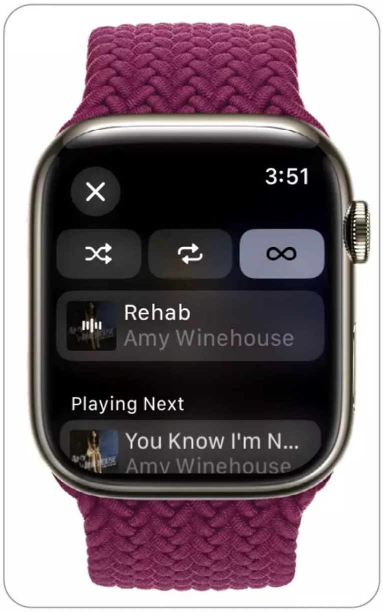
3 In the Library section, scroll up with the Digital Crown or swipe up with your finger for cover art for albums and playlists contained on your Apple Watch. Tap one to listen to it. By default, music you've recently listened to on your iPhone is automatically synced with your watch, so there might be more here than you think.


3:38
Radio
Music 1
Halftime Headli...
Music Hits
Halftime Headli...
Music Country
Halftime Headli...

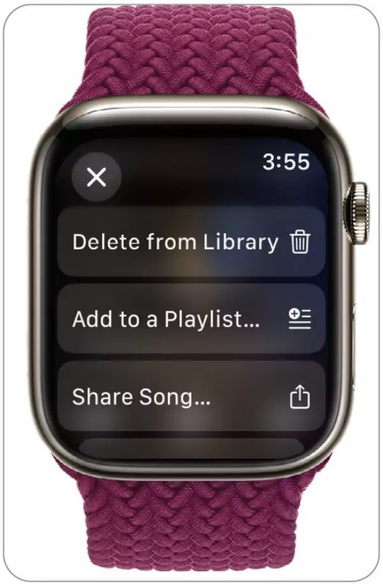
4 If you subscribe to the Apple Music streaming service, you also have the option of listening to online radio stations. Just tap the Radio button, and scroll through the options; which include Apple Music radio, recently played music and genre stations.


3:49
Rehab
Amy Winehouse

5 While playing music, whether on your iPhone or your Apple Watch, you get a set of controls on your watch screen. Use the Digital Crown to increase or decrease the volume. The large button in the bottom pauses and plays the current track.

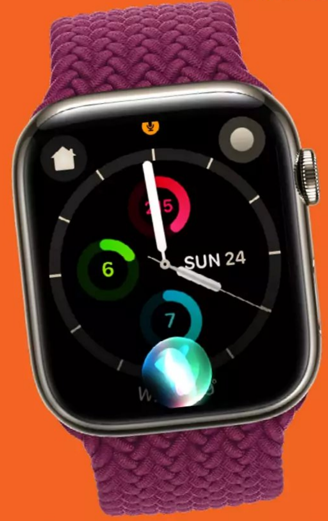

3:51
Rehab
Amy Winehouse
Playing Next
You Know I'm N...
Amy Winehouse

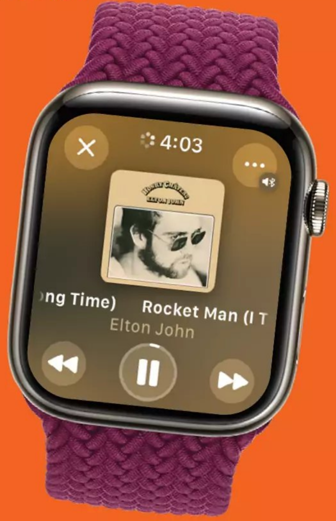
6 Also in the Music controls, the buttons either side of Play/Pause are for skipping tracks. The three-dots icon takes you to a long options menu. If you tap Playing Next in this menu, you can see what's next in the current playlist, and choose to shuffle, repeat or just play.


3:55
Delete from Library
Add to a Playlist...
Share Song...

7 Other options offered by tapping the three-dots icon include; Remove the song; Add to Playlist; Share Song; Love the song (mark as a favourite); Suggest Less; Go to Artist, which shows you their songs and more; Go to Album, which shows you the rest of the album and more.

Listen with Siri




4:03
Rocket Man (I T
Elton John

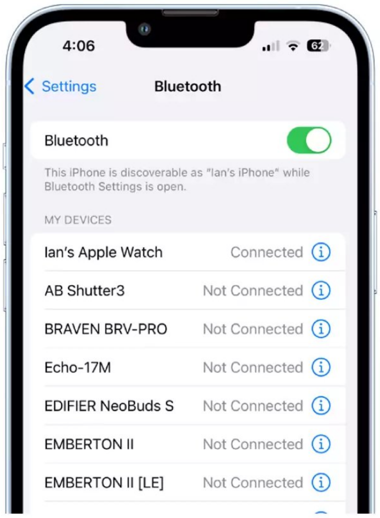
1 If you subscribe to the Apple Music subscription service, you can listen to songs using the Siri personal digital assistant, and you have over 75 million tracks to choose from. First of all, activate Siri by pressing and holding the Digital Crown or saying 'Siri' or 'Hey, Siri'.

2 You can then ask for a track, album or band by name. If the music you requested is on the Apple Music streaming service, you get to listen to it on your watch. Obviously, your watch must be connected to the Internet for you to stream from Apple Music.

Adding and Removing Music on Watch

As well as listening to iPhone music through your Apple Watch, you can also transfer songs directly to the watch and listen to it without an iPhone connection. Here's how to add and remove songs on your watch.

Adding Music to Your Watch



4:06

Settings — Bluetooth

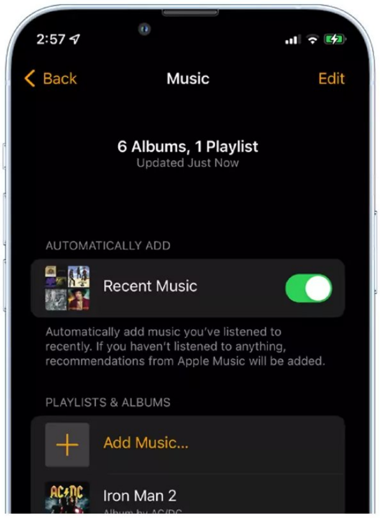
Bluetooth

This iPhone is discoverable as "Ian's iPhone" while Bluetooth Settings is open.

MY DEVICES

Ian's Apple Watch — Connected
AB Shutter3 — Not Connected
BRAVEN BRV-PRO — Not Connected
Echo-17M — Not Connected
EDIFIER NeoBuds S — Not Connected
EMBERTON II — Not Connected
EMBERTON II [LE] — Not Connected

1 Make sure your Apple Watch is on its charger, and your iPhone is within range of, and connected to, the watch. Make sure your iPhone has Bluetooth on; go to Settings > Bluetooth to check.



2:57

Back — Music — Edit

6 Albums, 1 Playlist
Updated Just Now

AUTOMATICALLY ADD

Recent Music

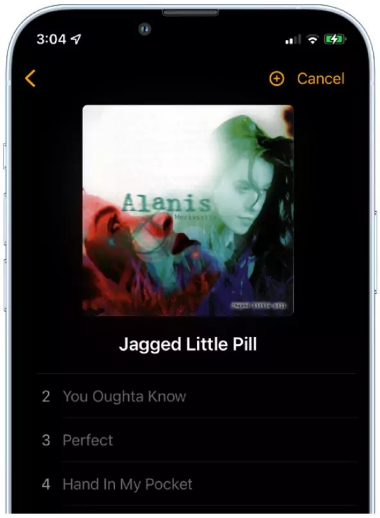
Automatically add music you've listened to recently. If you haven't listened to anything, recommendations from Apple Music will be added.

PLAYLISTS & ALBUMS

Add Music...

Iron Man 2

2 On your iPhone, open the Watch app, and select My Watch in the bottom-left corner of the screen. Look for the Music app in the apps list, and tap it to open the Music options.



3:04

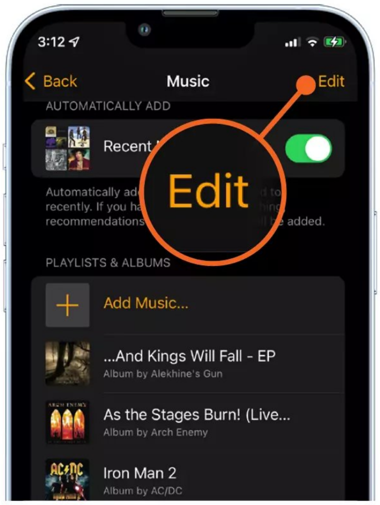
Cancel

Jagged Little Pill

2 You Oughta Know
3 Perfect
4 Hand In My Pocket

3 Tap the plus sign, next to 'Add Music'. Navigate to the music you wish to add to your watch, and tap the album cover. With the album open, tap plus in a circle at the top.

Removing Music from Your Watch



3:12

Back — Music — Edit

AUTOMATICALLY ADD

Recent Music

PLAYLISTS & ALBUMS

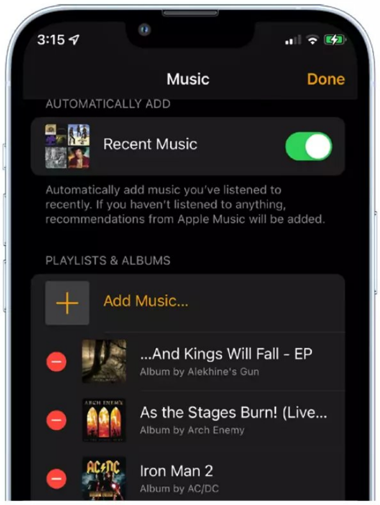
Add Music...

...And Kings Will Fall - EP
Album by Alekhine's Gun

As the Stages Burn! (Live...
Album by Arch Enemy

Iron Man 2
Album by AC/DC

1 To remove music that you've installed on your Apple Watch, again open the Apple Watch app on your iPhone, and go to My Watch > Music. Look for the Edit link (top-right corner).



3:15

Music — Done

AUTOMATICALLY ADD

Recent Music

Automatically add music you've listened to recently. If you haven't listened to anything, recommendations from Apple Music will be added.

PLAYLISTS & ALBUMS

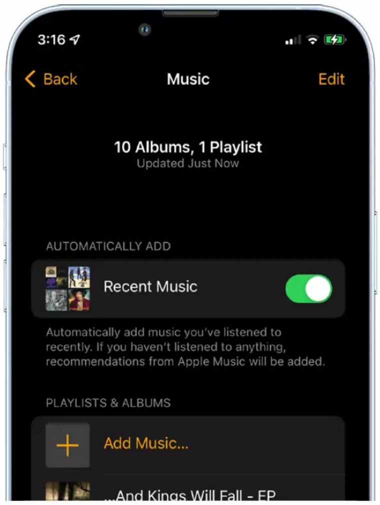
Add Music...

...And Kings Will Fall - EP
Album by Alekhine's Gun

As the Stages Burn! (Live...
Album by Arch Enemy

Iron Man 2
Album by AC/DC

2 If the Edit link isn't there, you don't have any music on your Apple Watch. After tapping Edit, a minus sign appears next to your albums. Tap one to remove it from your watch.



3:16

Back — Music — Edit

10 Albums, 1 Playlist
Updated Just Now

AUTOMATICALLY ADD

Recent Music

Automatically add music you've listened to recently. If you haven't listened to anything, recommendations from Apple Music will be added.

PLAYLISTS & ALBUMS

Add Music...

...And Kings Will Fall - EP

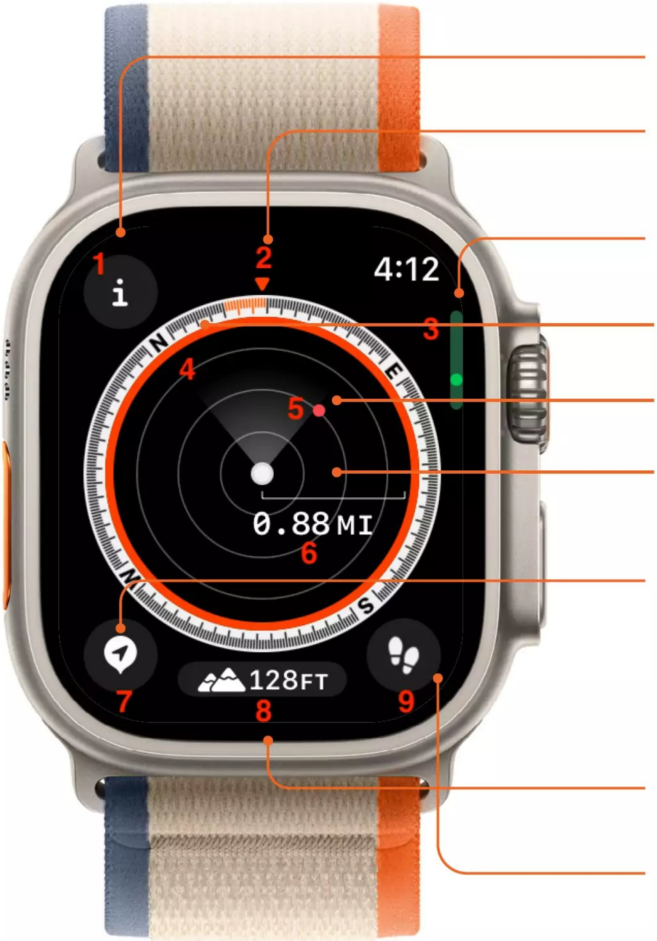
3 At the top of the Music screen is an on-off switch labelled 'Recent Music'. If you switch this on, songs you've recently played on your iPhone are automatically added to your watch.

The Watch Compass App

The Apple Watch has a useful Compass app, but only if you have an Apple Watch Series 5 and later, or Apple Watch SE. It works with or without a Wi-Fi or cellular connection, but if your watch band has magnets in it, like the Milanese Loop or Leather Link, it might interfere with the compass. It's been revamped for watchOS 11 too.

4:17
EXETER CITY F.C.
3,485.9 MI

What's Where in the Compass App



1 Tap for information such as your direction, incline, elevation, latitude/longitude, waypoints and more.

2 This triangle shows the direction you're currently facing. Rotate yourself left and right to align it with the direction in which you want to go.

3 Rotate the Digital Crown to zoom into and out of the waypoint position guide inside the compass ring.

4 The compass can use true north or magnetic north. Choose between them in the Settings app, under Compass.

5 This is a pin or waypoint dropped earlier. Tap it for details.

6 While turning the Digital Crown, you're shown the distance between your current position in the centre, and the edge of the waypoint map.

7 Tap here to drop a waypoint indicator on your current location. You can choose an icon and a colour. Scroll up further for its location on a map. If you lose cellular connection, the last place you had reception and the last place from where you can make an emergency call are automatically waypointed.

8 Elevation. Tap it for a different compass view that shows the height of your position and waypoints as well as their position on a 2D map.

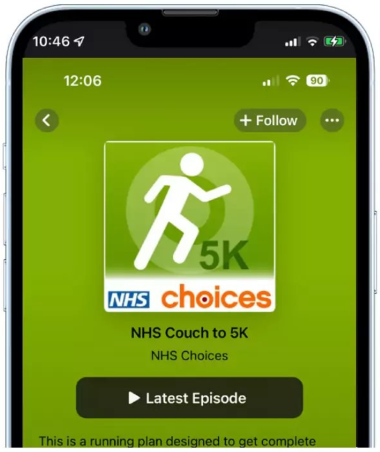
9 If you get lost, tap this icon to backtrack to your last placed waypoint.

Podcasts and Audiobooks

Audio entertainment on your Apple Watch isn't just about the Music app. You can also enjoy your Audiobooks and Podcasts right from your wrist, using earbuds or headphones you've connected to your watch using Bluetooth; without having your iPhone nearby. Ideal if you want to catch up without depleting your iPhone's battery.

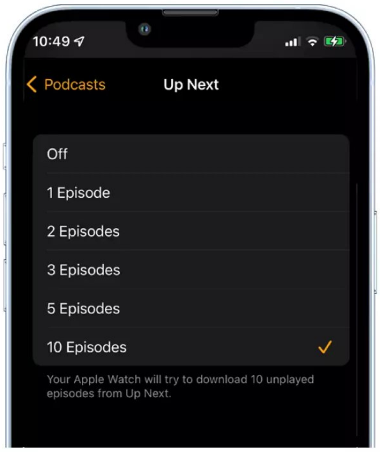
Listening to Podcasts

Podcasts are audio shows you can download and listen to on your Apple gear. Subscribe to your favourite podcasts and enjoy them on the move using your Apple Watch and earbuds. It's perfect for catching up at the gym.


10:46
12:06
90
+ Follow
5K
NHS choices
NHS Couch to 5K
NHS Choices
▶ Latest Episode

This is a running plan designed to get complete

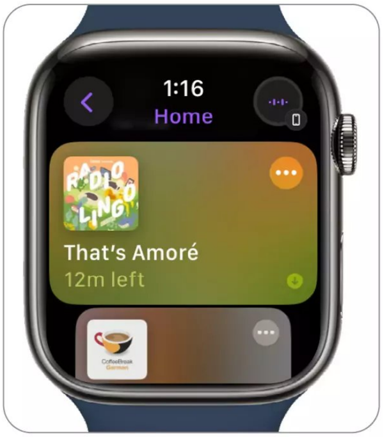
1 If you don't already subscribe to any podcasts, open the Podcasts app on your iPhone, go to the Browse section and take a look for subjects that interest you. When you find one you like, subscribe to it by tapping the Follow icon found at the top.


10:49
Podcasts
Up Next

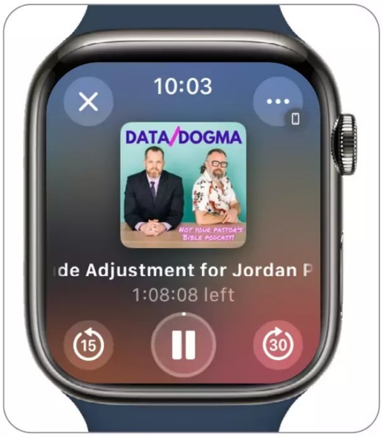
Off
1 Episode
2 Episodes
3 Episodes
5 Episodes
10 Episodes ✓

Your Apple Watch will try to download 10 unplayed episodes from Up Next.

2 When you subscribe to a podcast, it syncs to your Apple Watch while the watch is charging. Open the iPhone's Watch app, and go to My Watch > Podcasts. Tap Up Next, and you can choose how many – or none at all – new podcasts you store on your Apple watch.


1:16
Home
RADIO LINGO
That's Amoré
12m left

3 In the Podcasts app on your Apple Watch, scroll through the podcasts you have on your watch using the Digital Crown, or by swiping the screen up and down. Tap the three-dots icon for options to go to the show's page, or to mark the episode as played.

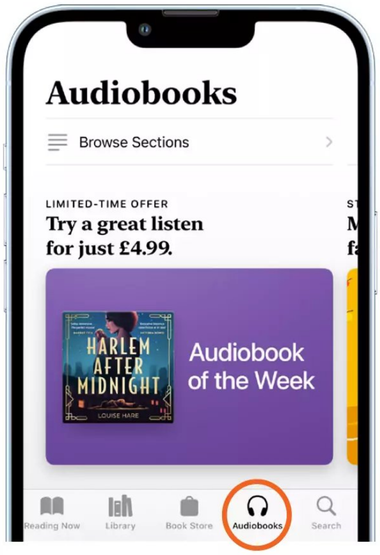

10:03
DATA/DOGMA
NOT YOUR PASTOR'S BIBLE PODCAST!
de Adjustment for Jordan P
1:08:08 left
15
30

4 Tap an episode to listen to it through your Apple Watch. If it isn't downloaded, and your iPhone is nearby, the show is streamed from your iPhone. If the podcast is stored on your watch, when you've listened to it, it will be deleted in order to make room for the next one.

Listening to Audiobooks (Books app)

You can buy audiobooks on your iPhone, iPad or Mac, and enjoy them on your Apple Watch. Ideal if you don't want to take your iPhone to the gym. Here's how to get the most from audiobooks on your Apple smartwatch.

10:10
The Time Machine
H. G. Wells
Narrated by Kelsey Grammer
Opening Credits
4:27 left
15
15



Audiobooks

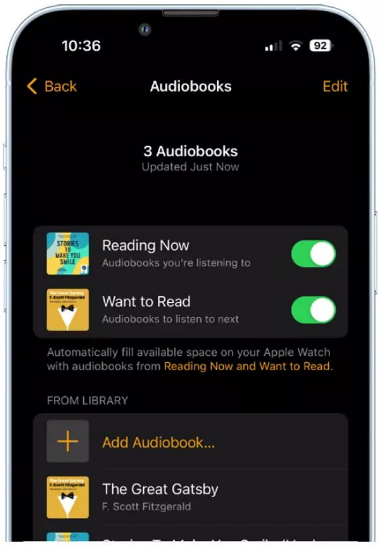
Browse Sections

LIMITED-TIME OFFER
Try a great listen for just £4.99.

HARLEM AFTER MIDNIGHT
LOUISE HARE
Audiobook of the Week

Reading Now
Library
Book Store
Audiobooks
Search

1 You can buy audiobooks on your iPhone by opening the Books app, and tapping the Audiobooks icon at the foot of the screen. Navigate to a book you would like to listen to, and buy it, or simply get it if it's a free book; there are quite a few free ones.



10:36
92
Back
Audiobooks
Edit

3 Audiobooks
Updated Just Now

Reading Now
Audiobooks you're listening to

Want to Read
Audiobooks to listen to next

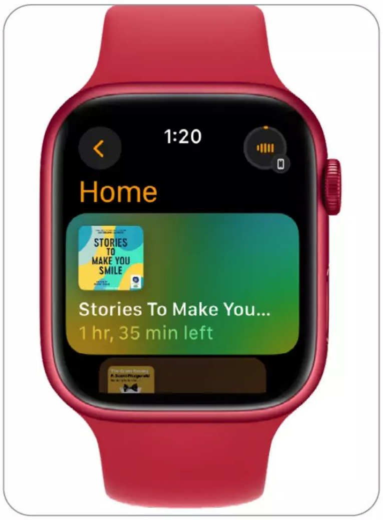
Automatically fill available space on your Apple Watch with audiobooks from Reading Now and Want to Read.

FROM LIBRARY

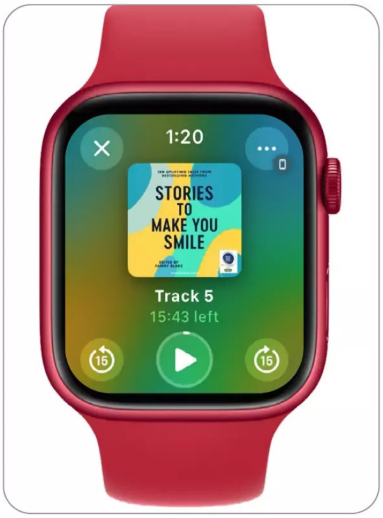
Add Audiobook...

The Great Gatsby
F. Scott Fitzgerald

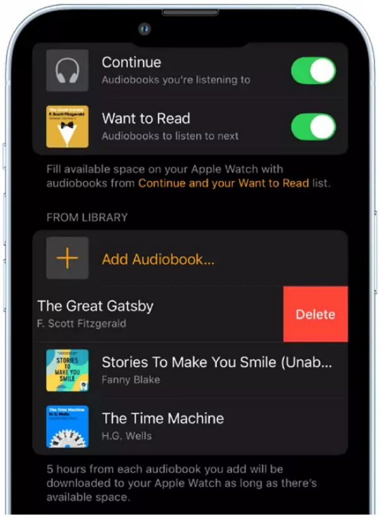
2 By default, two audiobooks from your Reading Now or Want to Read collections sync with your watch while it's on its Apple Watch charger. You can open the iPhone's Watch app and in My Watch > Audiobooks, download books manually too.


1:20
Home
STORIES TO MAKE YOU SMILE
Stories To Make You...
1 hr, 35 min left

3 On the Apple Watch's Audiobooks app, scroll up and down through your collection with the Digital Crown or by swiping up and down the screen. Tap the waveform icon in the top-right corner of the screen to go to the 'Now Playing' screen.


1:20
STORIES TO MAKE YOU SMILE
Track 5
15:43 left
15
15

4 Tap a book to listen to it through an audio device connected to your Apple Watch through Bluetooth. The usual controls are there; play, pause, skip 15 seconds and more. Tap the three-dots icon to for options, including changing the playback speed.



Continue
Audiobooks you're listening to

Want to Read
Audiobooks to listen to next

Fill available space on your Apple Watch with audiobooks from Continue and your Want to Read list.

FROM LIBRARY

Add Audiobook...

The Great Gatsby
F. Scott Fitzgerald
Delete

Stories To Make You Smile (Unab...
Fanny Blake

The Time Machine
H.G. Wells

5 hours from each audiobook you add will be downloaded to your Apple Watch as long as there's available space.

5 If you dislike an audiobook that's on your Apple Watch and you want to delete it without finishing the book, in the iPhone's Apple Watch app, go to My Watch > Audiobooks. The books on your watch are listed; swipe it left, and tap the Delete link to remove it.

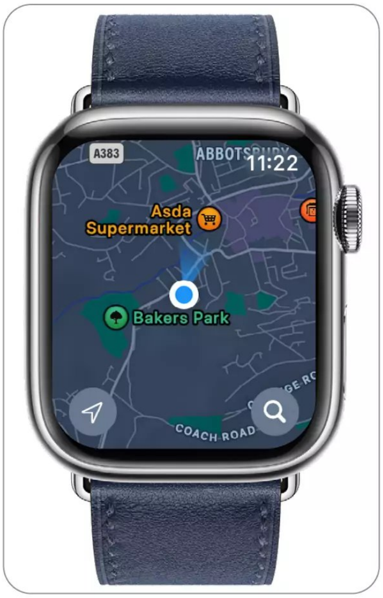
Find Your Way with Maps

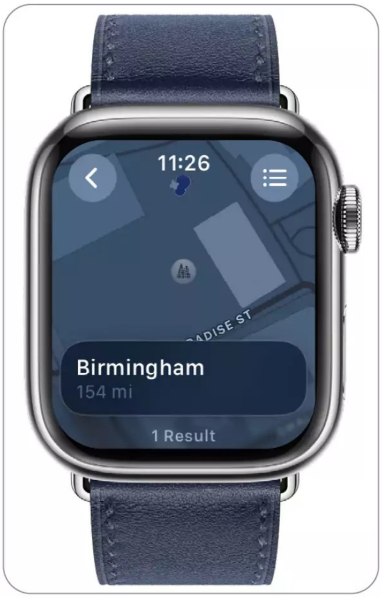
Maps is all about finding your way around. It's like having your very own GPS on your wrist. When you open the Maps app on your Apple Watch, it immediately shows your current location. You can zoom in and out of the map using the Digital Crown, search for places and local amenities and more, all from your wrist. Let's take a look at what the Maps app can do.

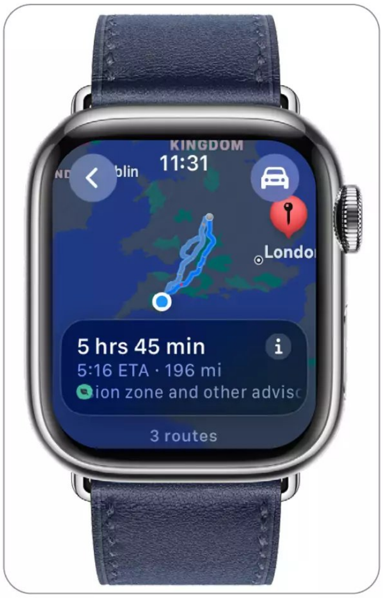
10:54
Denbury Village Hall
NORTH ST

Searching Maps

You can use the Maps app on your Apple Watch to find nearby – and far away – locations. If you need directions when you're driving, or simply need to find a certain street in your home town, Maps is for you.


A383
ABBOTSBURY
11:22
Asda Supermarket
Bakers Park
COACH ROAD


11:26
PARADISE ST
Birmingham
154 mi
1 Result


KINGDOM
blin
11:31
London
5 hrs 45 min
5:16 ETA · 196 mi
ion zone and other advis
3 routes

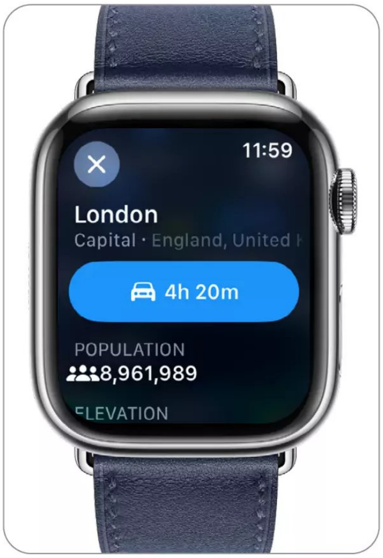
1 Open the Maps app on your Apple Watch. On the opening screen, you see your current location and the surrounding area. Tap the magnifying glass icon in the bottom right corner to open the Search screen, showing your favourites and more.

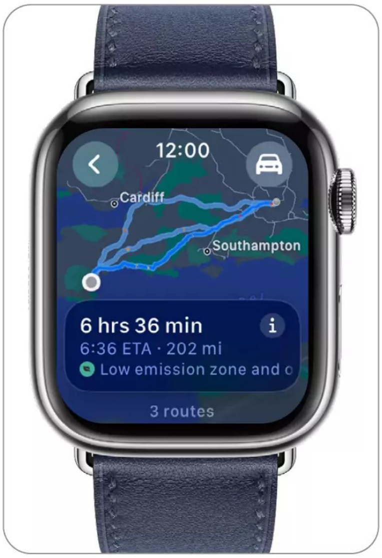
2 Tap the Search field at the top of the screen. You can enter a city, location or other map feature, and then tap Search to find it. The Maps app shows that place, and tells you how far away it is. Tap the name of that place for information about it.

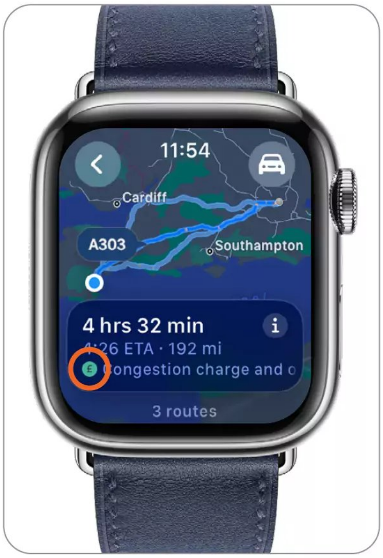
3 At the foot of this screen is an icon showing how long it will take to get there. Tap it for directions. To change the method of transport, tap the icon in the top-right corner of the screen and choose from the options offered, such as cycling, walking and more.

Using Directions

When you've found the location you wish to go to, you can get directions on your Apple Watch. Follow its instructions step-by-step, and listen for commands to take the next turn. It's really easy!


11:59
London
Capital · England, United
4h 20m
POPULATION
8,961,989
ELEVATION

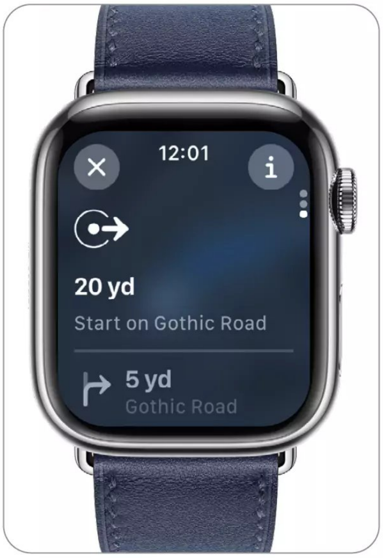

12:00
Cardiff
Southampton
6 hrs 36 min
6:36 ETA · 202 mi
Low emission zone and c
3 routes

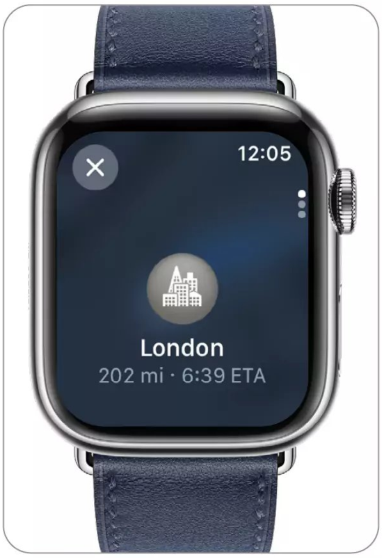

11:54
Cardiff
A303
Southampton
4 hrs 32 min
4:26 ETA · 192 mi
Congestion charge and c
3 routes

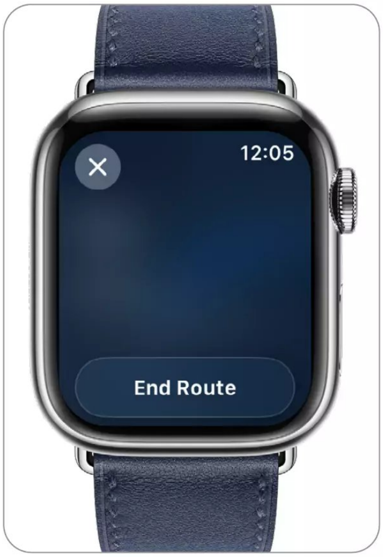
1 Having found your destination, tap the name of that destination to get to this screen. Tap the blue button. You can tap the car icon to change modes of transport, but here we're driving.

2 You're shown a suggested route. Use the Digital Crown to switch between them, noting information such as the time it's estimated to take and whether it uses motorways or toll roads.

3 A currency sign in the bottom-left corner of the route button means there are tolls or charges to pay. Tap the 'i' icon for more information, such as advisories, time, distance and a list of directions.


12:01
20 yd
Start on Gothic Road
5 yd
Gothic Road


12:05
London
202 mi · 6:39 ETA


12:05
End Route

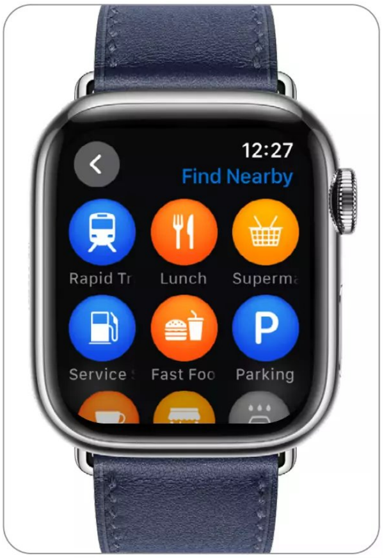
4 When you're ready, tap the route you wish to use. You're shown step by step instructions, which are also read out to you. Your ETA is updated in real time, so you know when you'll arrive.

5 Roll the Digital Crown to switch between your next turning, your current location on the route map and a screen showing the current distance to your destination and estimated time of arrival.

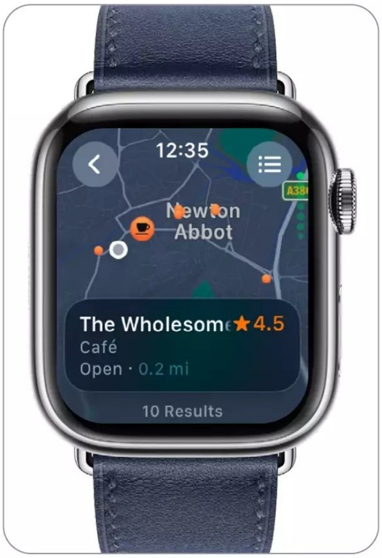
6 To stop the directions, tap the X icon in the top-left corner, then tap the End Route button. You can always set a new route from wherever you are at the time, completing your journey on a new route.

Local Amenities

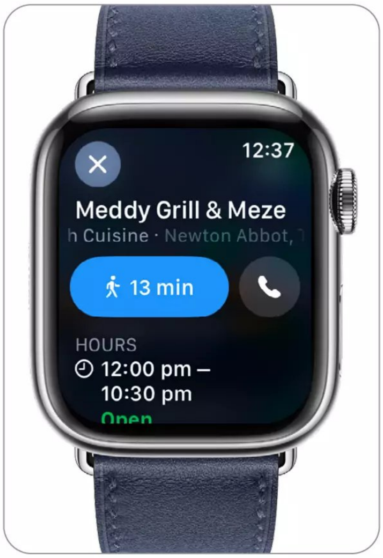
As well as taking you on a journey across the country to places near and far, it can also find local amenities such as cafés, petrol stations, cinemas and more. Here's how to find and reach them using Maps.


12:27
Find Nearby
Rapid Tr
Lunch
Superma
Service
Fast Foo
Parking

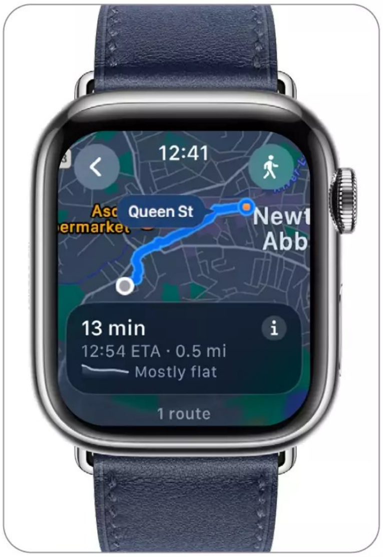
1 Open the Maps app, and on the search screen, tap the four-squares icon in the right of the Search field. Instead of searching, you'll see a list of amenities to be found nearby.


12:35
Newton Abbot
The Wholesome ★4.5
Café
Open · 0.2 mi
10 Results

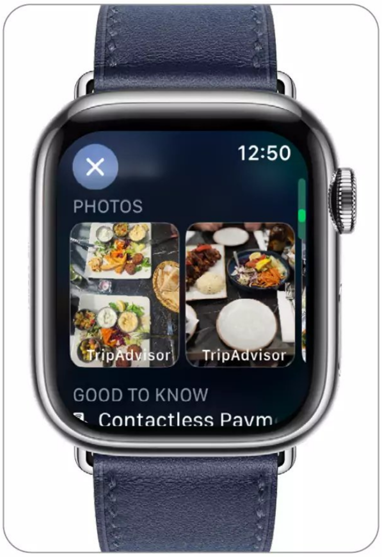
2 Tap the amenity you wish to find. For example, if you're looking for somewhere to eat, tap a food button. You're shown a map of all examples of that particular amenity in the locale.


12:37
Meddy Grill & Meze
h Cuisine · Newton Abbot,
13 min
HOURS
12:00 pm – 10:30 pm
Open

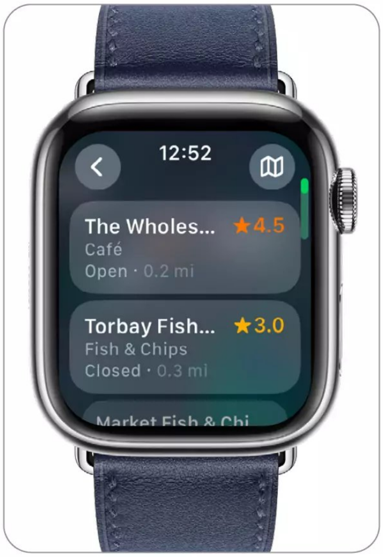
3 Scroll the Digital Crown to cycle through the available amenities. Tap one and you're shown information about that venue and a blue button showing how long the journey is likely to take.


12:41
Queen St
ermarket
Newt
Abb
13 min
12:54 ETA · 0.5 mi
Mostly flat
1 route

4 Tap the blue button for directions. If you want to travel by a means other than the one offered, tap the icon in the top-right corner of the screen and choose a new mode of transport.

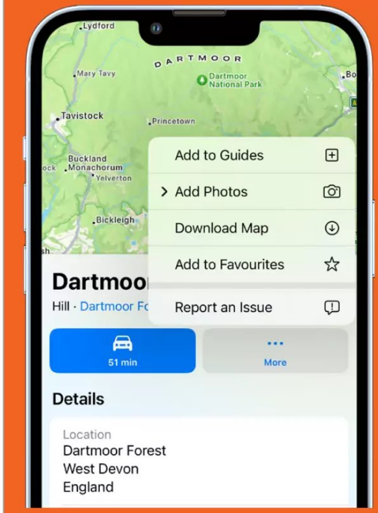

12:50
PHOTOS
TripAdvisor
TripAdvisor
GOOD TO KNOW
Contactless Paym

5 Scroll up on the screen with the blue button for information such as opening times, ratings, photos, the address and more. Tap the telephone button to call the venue in question.

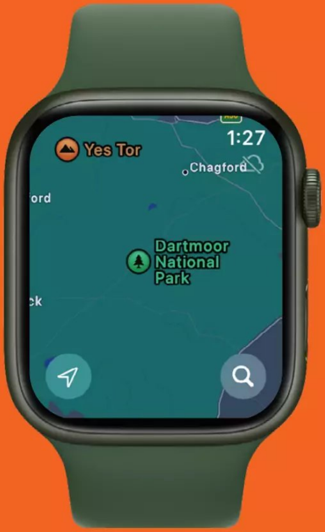

12:52
The Wholes... ★4.5
Café
Open · 0.2 mi
Torbay Fish... ★3.0
Fish & Chips
Closed · 0.3 mi
Market Fish & Chi

6 On the map screen, after choosing the amenity you wish to search for, tap the three-lines icon in the top right for a list of those found locally. Tap one to go to its information screen.

Downloading Maps


Lydford
DARTMOOR
Mary Tavy
Dartmoor National Park
Tavistock
Princetown
Buckland Monachorum
Yelverton
Bickleigh
Add to Guides
Add Photos
Download Map
Add to Favourites
Report an Issue
Dartmoo
Hill · Dartmoor Fo
51 min
More
Details

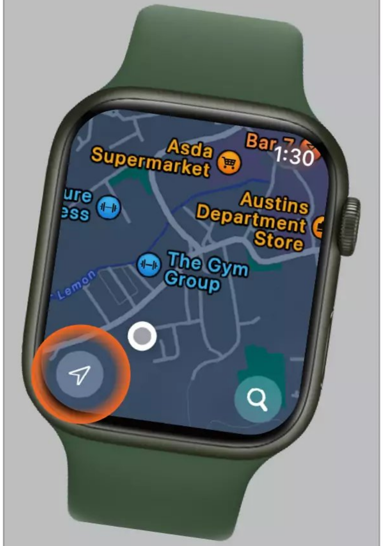
Location
Dartmoor Forest
West Devon
England


Yes Tor
1:27
Chagford
Dartmoor National Park

1 In the iPhone's Maps app, search for a locale, tap the More button and from the menu that appears, tap the Download Map option, and use the handles to choose the extent of the area you wish to download. Tap the Download button.

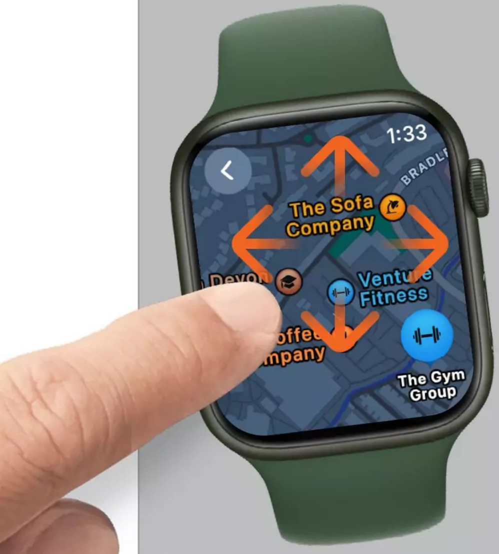
2 The map downloads, and can then be used offline. Offline Maps are found in Maps by tapping your photo icon next to the Search field. Even if offline, you can use downloaded maps on your iPhone and on your Apple Watch.

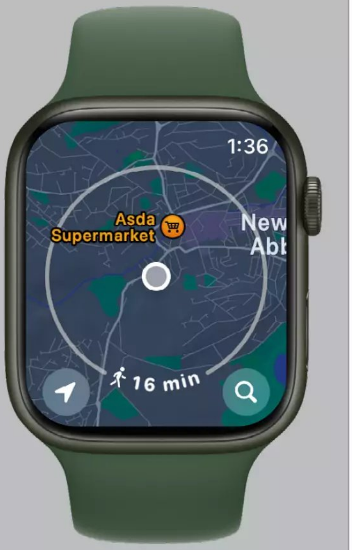
Current Location


Asda Supermarket
Bar 7
1:30
Austins Department Store
The Gym Group

The Location button on the first screen of Maps, and the location icon anywhere in the app, takes you to a map showing your current whereabouts. The blue or grey dot is where you are.

Pan and Zoom


1:33
The Sofa Company
Venture Fitness
The Gym Group


1:36
Asda Supermarket
New Abb
16 min

1 Pan around a map by dragging it with one finger. Zoom into and out of it using the Digital Crown. Tapping the arrow icon moves the map to your current whereabouts with a single tap of the screen.

2 Scroll in and out of your current location to see a ring, showing how long it should take to walk to a location or amenity located on that circle. The Digital Crown expands and contracts the ring.

National Parks (USA Only)

Hiking routes with turn-by-turn guidance are now offered for all 63 national parks in the USA. These can be saved to your watch and accessed offline for off-the-grid hiking, even when your iPhone isn't nearby. You can also create your own walking routes on the iPhone's Maps app and save the route to your watch.

We hope this feature catches on and comes to parks and moors across Europe as well as in the USA.

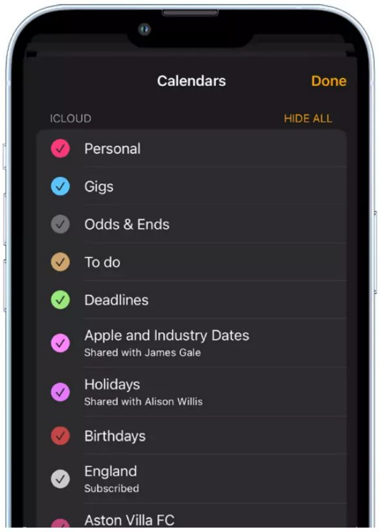
Watching Your Calendar

It pays to keep tabs on your appointments and events, and with the Calendar app, you can sync your reminders to your Apple Watch and get an alert on your wrist. You can even tap a Calendar appointment on your Apple Watch and get directions to the venue through the Maps app. Here's how to use the Calendar app to help organise your life right from your wrist.

2:06
October
M T W T F S S
16 17 18 19 20 21 22

Get More From the Calendar App

Although the Calendar app on your Apple Watch is somewhat limited in scope, when synced with your iPhone, it's still handy for giving instant access to appointment schedules and alerts for upcoming events.

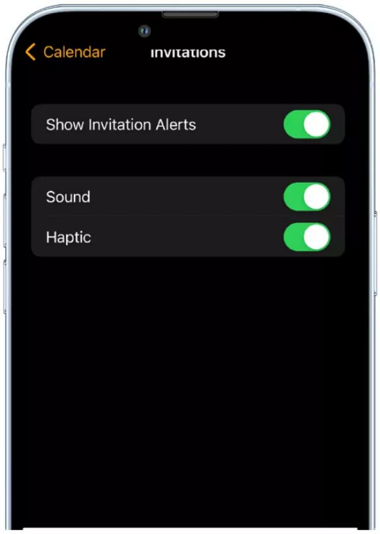


Calendars Done

ICLOUD HIDE ALL

- Personal
- Gigs
- Odds & Ends
- To do
- Deadlines
- Apple and Industry Dates
  Shared with James Gale
- Holidays
  Shared with Alison Willis
- Birthdays
- England
  Subscribed
- Aston Villa FC

1 Open your iPhone's Watch app and go to My Watch > Calendar. Here you can choose to mirror the notification settings and calendars used by your iPhone or set them up as a custom setting. Tap Custom under Notifications and you can set what notifications are sent to your watch. Tap Custom under Calendars and you can choose which calendars are shown on the watch.



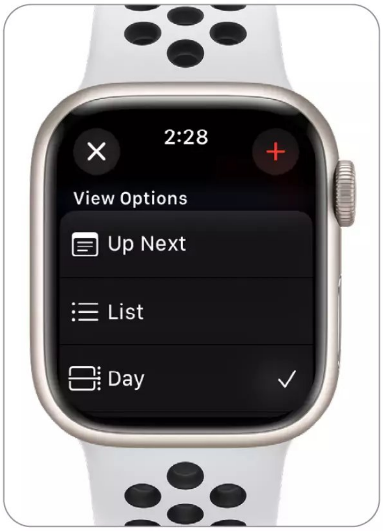
< Calendar Invitations

Show Invitation Alerts: on

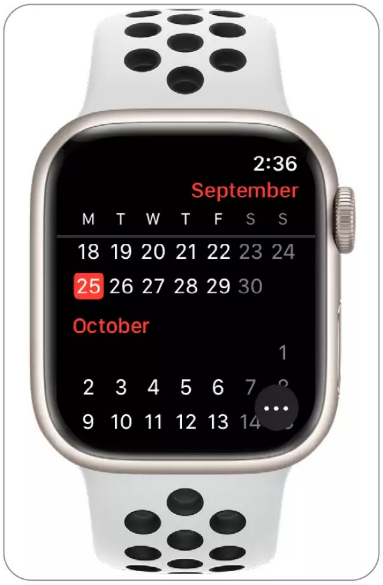
Sound: on

Haptic: on

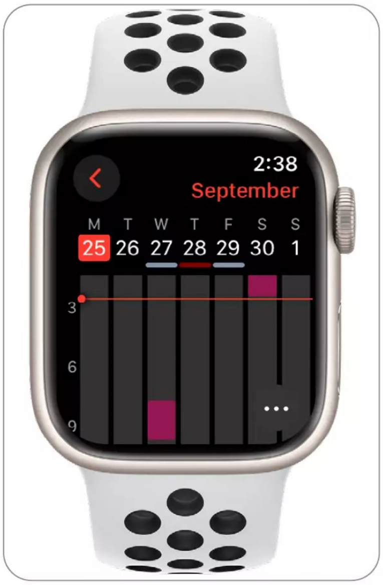
2 Except where you've chosen differently, calendars and events on your iPhone's Calendar app are also shown on your watch. Subject to your settings, notifications from the Calendar app on your iPhone are also sent to your Apple Watch. You can customise whether they're sent with an audible tone and/or a haptic vibration in the Notifications customisation section.



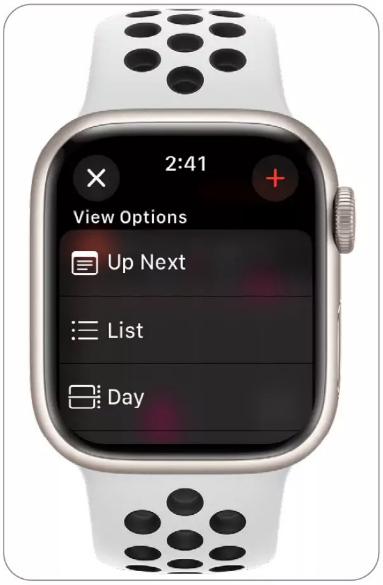
3 A feature that was introduced with watchOS 9 lets you to create an event from your Apple Watch's Calendar app, which is then synced to your iPhone. In the watch's Calendar app, open the Today view for the day on which you want it to take place. Tap the three-dots icon (bottom-right), tap the plus button to create a new event and then set it up. Tap the tick icon at the top to add it.


2:36
September
M T W T F S S
18 19 20 21 22 23 24
25 26 27 28 29 30
October
1
2 3 4 5 6 7
9 10 11 12 13 14

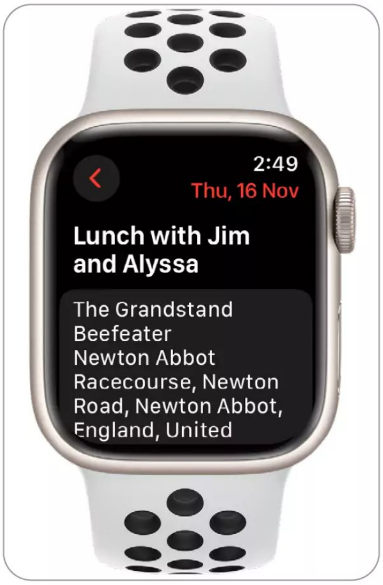
4 When you open the Calendar app on your Apple Watch, the first thing you see is likely to be the current month laid out according to the days of the week. The current day is shown as a red square. Tap the screen to see your schedules and appointments for the next few days.


2:38
September
M T W T F S S
25 26 27 28 29 30 1
3
6
9

5 Tap a day on the Month screen and you get this, a row of days and dates with upcoming events in each days' columns. Tap one to get to the Today view, which shows all-day events at the top of the screen, and timed events in their respective time slots.


2:41
View Options
Up Next
List
Day

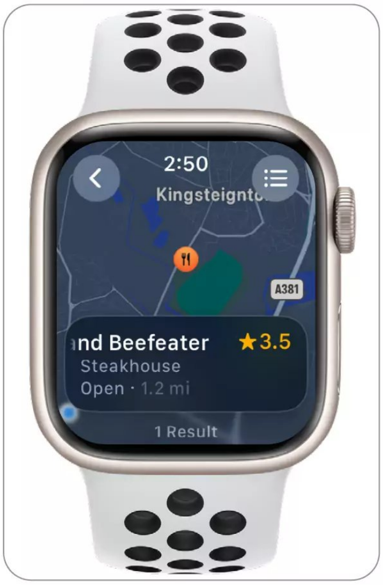
6 On a day's listing, tap the three-dots icon you can choose to display your forthcoming events as Up Next, which shows your next event, a List of forthcoming events or in Day, Week or Month view. The choice is yours and you can always change it back again if you wish.


2:49
Thu, 16 Nov

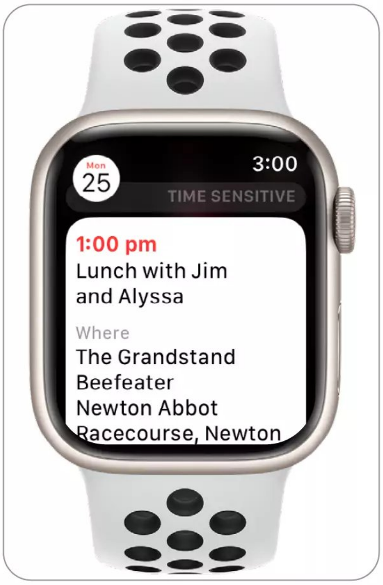
Lunch with Jim and Alyssa

The Grandstand Beefeater Newton Abbot Racecourse, Newton Road, Newton Abbot, England, United

7 Tap an event in the Today or List view and you're shown its details. This includes the calendar it's listed under, the time and if applicable the location, whether it repeats and more. You can now edit events on your watch. Scroll to the bottom of the event for the Edit button.


2:50
Kingsteignto
A381
nd Beefeater
★3.5
Steakhouse
Open · 1.2 mi
1 Result

8 If a calendar entry has a location listed, in the event, tap that location. You're taken to the Maps app, with the location shown on a map. You can then tap the button naming the venue or facility, and get directions there or information such as opening hours and distance.


Mon 25
3:00
TIME SENSITIVE

1:00 pm
Lunch with Jim and Alyssa
Where
The Grandstand Beefeater Newton Abbot Racecourse, Newton

9 If you have an alert set up for an event in your iPhone's Calendar app, you also get that alert on your Apple Watch. If there's a location set up in the event, it tells you when you need to leave, where to go and more. You need never miss an appointment again.

Photos on Watch

Apple Watch's Photos app is great for reviewing your snaps on the smallest screen. All you have to do is sync an album and/or Memories from your iPhone to your Apple Watch. Then you can view the pics, zoom in on them and even create a new watch face; directly from your watch's Photos app. Here's how to make the most of this interesting feature.

3:05
Apple Watch

Syncing a Photo Album

You can sync one album from your iPhone to your watch, and also sync Memories and featured photos. Why not create a new album, call it Apple Watch, and keep all the images you wish to sync in one place?

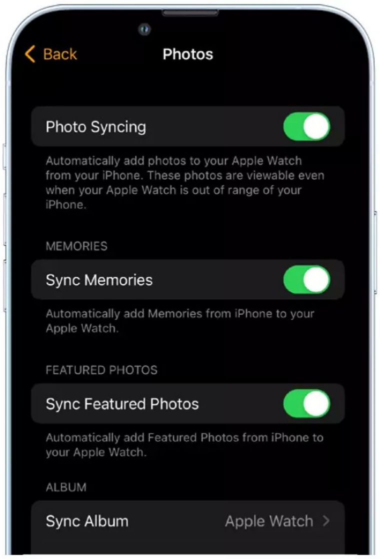

< Back Photos

Photo Syncing ●

Automatically add photos to your Apple Watch from your iPhone. These photos are viewable even when your Apple Watch is out of range of your iPhone.

MEMORIES

Sync Memories ●

Automatically add Memories from iPhone to your Apple Watch.

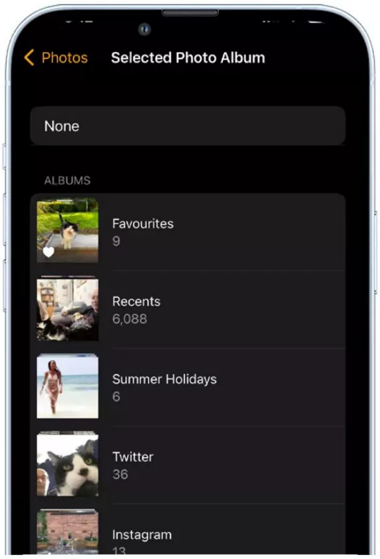
FEATURED PHOTOS

Sync Featured Photos ●

Automatically add Featured Photos from iPhone to your Apple Watch.

ALBUM

Sync Album Apple Watch >


< Photos Selected Photo Album

None

ALBUMS

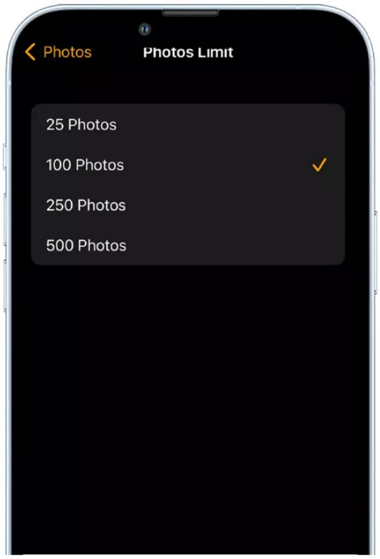
Favourites 9

Recents 6,088

Summer Holidays 6

Twitter 36

Instagram 13


< Photos Photos Limit

25 Photos

100 Photos ✓

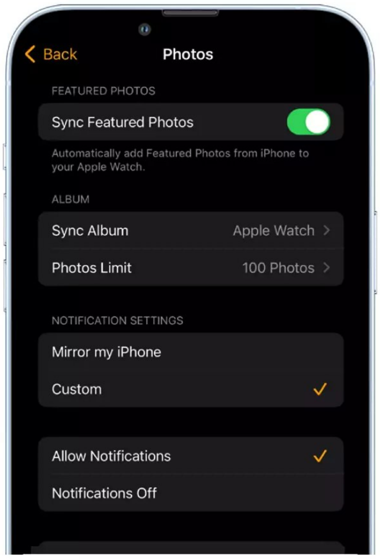
250 Photos

500 Photos

1 First of all, open your Watch app on your iPhone, and go to My Watch > Photos. The first three items there are on-off switches. In order (top to bottom), these are; Photo Syncing, which lets you automatically add pics to your Apple Watch; Sync Memories, which syncs your photo app's memories to your watch; and Sync Featured Photos.

2 In the Album section of this page, tap Sync Album and choose an album in your iPhone's Photos app to sync with your Apple Watch. Just scroll up and down the page, and tap the album you want to tick. To change the album on your watch, tick another. Scroll to the top of the page and tap None to remove all albums from the watch.

3 To prevent your watch filling up with too many pictures, there's a limit on the number of photos you can sync. By default this is 100 photos, but you can change this figure by going to My Watch > Photos > Photos Limit and choosing another figure. If you plan to add lots of music and/or apps, take care not to fill it up with photos too.



Back Photos

FEATURED PHOTOS

Sync Featured Photos ●

Automatically add Featured Photos from iPhone to your Apple Watch.

ALBUM

Sync Album Apple Watch >

Photos Limit 100 Photos >

NOTIFICATION SETTINGS

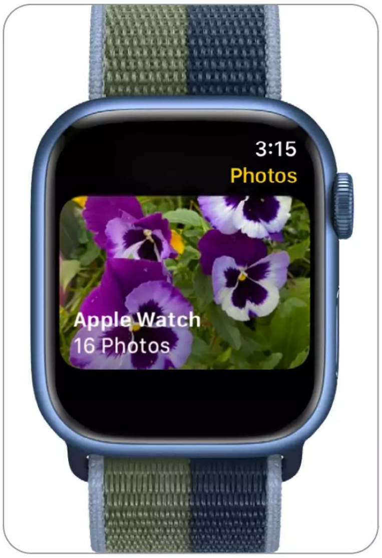
Mirror my iPhone

Custom ✓

Allow Notifications ✓

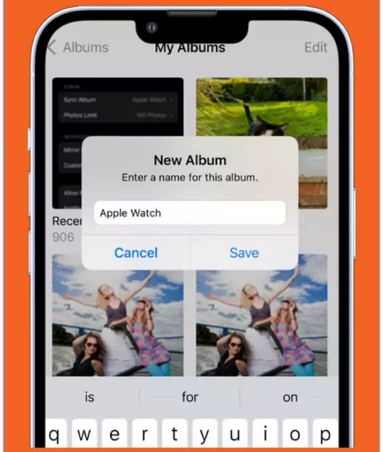
Notifications Off

4 At the foot of the page of My Watch > Photos, is an option to change the Notification Settings. By default it mirrors your iPhone. When the iPhone's app sends a notification, your watch does too. Alternatively, tap Custom and customise your Photos' notifications on your Apple Watch, to suit the way you use your watch.



5 Open the Photos app on your watch. You'll see collections that you can scroll up and down with the Digital Crown, or swipe up and down on the screen. These collections are Memory, Featured photos and the album you chose to sync. Of course, if you switched one of these syncs off on your iPhone, it won't be on your watch.

A Watch Album?



New Album

Enter a name for this album.

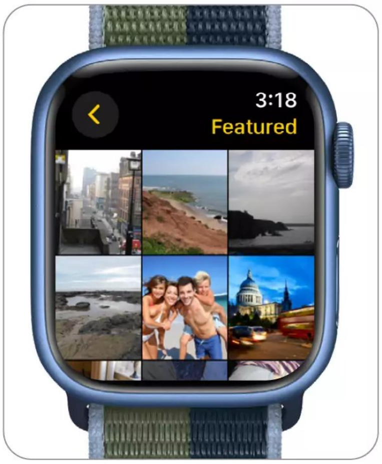
Apple Watch

Cancel Save

6 If you want to create an album for syncing with your watch, on your iPhone, open the Photos app and tap Albums at the bottom of the screen. Tap the plus icon (top left), make a new album, give it a name and then add the photos you want to sync. Pictures you add to the new album aren't deleted from existing albums; they're still there too.

Browsing Photos

When you've synced photographs with your Apple Watch, you can enjoy them, right from your wrist. You can take a look at your family snaps without even getting your iPhone out of your pocket. It's simple and convenient.



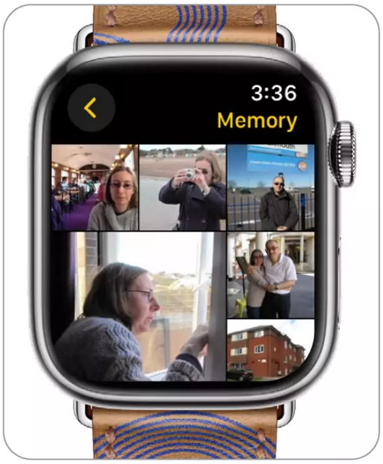
1 In the Apple Watch's Photos app, tap the Featured collection or your synced album. You'll see your pictures in a large grid. You can scroll up and down this grid by swiping up and down with your finger.

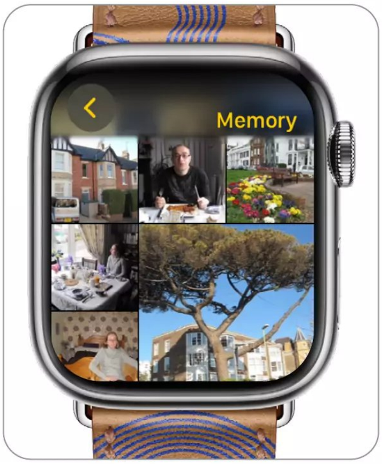
2 Tap on a photo in the grid to open it at full-size size. Scroll in and out of the picture using your Digital Crown. To get back to the grid, turn the Digital Crown until the picture shrinks back into it.

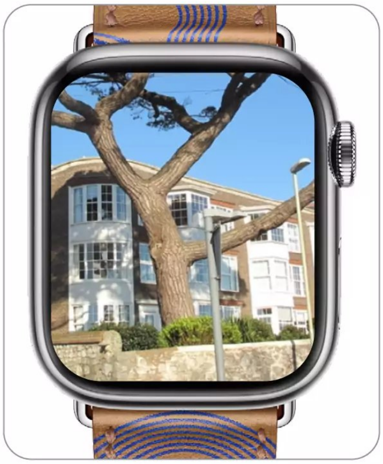
3 With a photo opened on your watch, you can move backwards and forwards through your album by swiping left and right. Note, videos aren't synced to your watch; they're ignored during syncing.

Browsing Memories

If you've chosen to sync Memories with your Apple Watch, on the front page of the watch's Photos app, you'll see a category called Memory. This works a little differently to other sections of the Apple Watch Photos app.







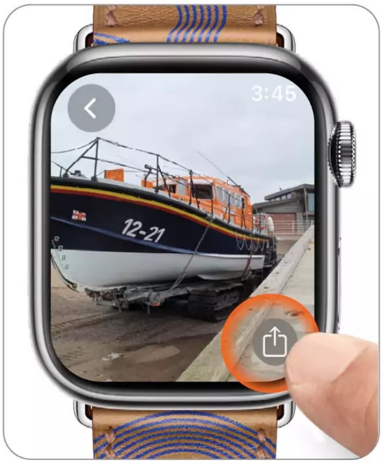
1 In your watch's Photos app, tap the Memory collection. Once again, it's displayed as a grid, but unlike the Featured and Album collections, the pictures are not the same size.

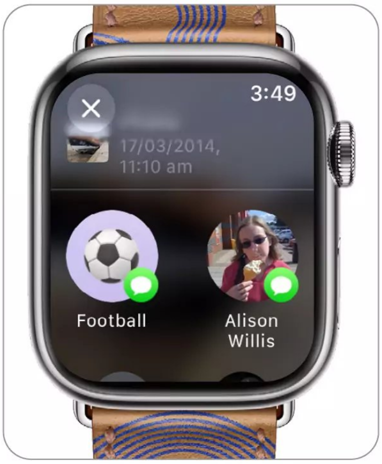
2 In contrast to the other photo categories in the Photos app, you can move up and down the grid using the Digital Crown, as well as by swiping up and down the screen with your finger.

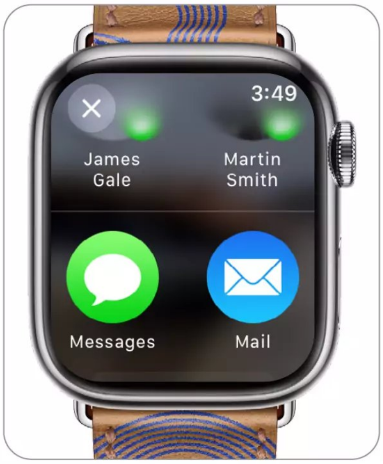
3 Open a picture by tapping it, then move in and out of the photograph by turning the Digital Crown. With the pic displayed larger than full screen, you can drag it around with your finger too.

Sharing Photos

With photos synced with your Apple Watch, you can share pictures with others, directly from your wrist. With just a few taps, you can send your friends your best photographs, so they can enjoy them too.







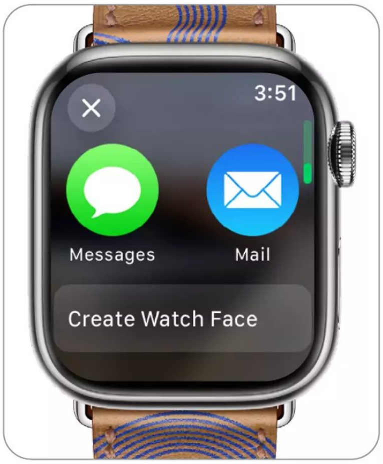
1 Navigate to the picture you want to share and tap it to open it to full screen size. If the time and controls aren't showing, tap the screen. Tap the sharing icon, bottom right.

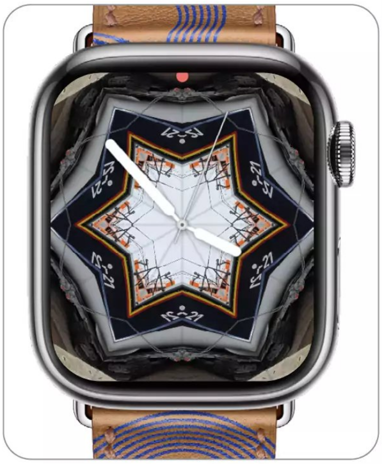
2 At the top of the next screen is a thumbnail of the photo, followed by ready-made options to share with people you regularly message. Tap one of these to send it to that person.

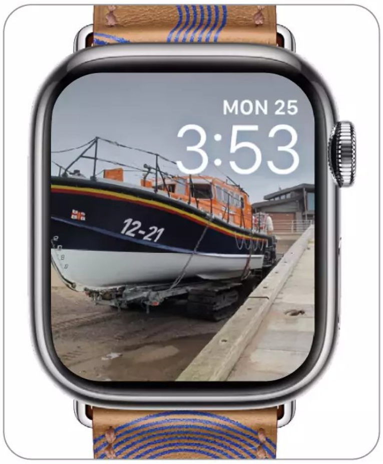
3 If the person, or sharing method, doesn't appear, scroll down to see options to mail or message the photo. Choose one, and fill in the recipient and the message, and send it.

Creating a Watch Face

You can create a watch face based on one of your photos, so you can see your favourite picture on your wrist along with a digital readout of the time. Here's how to do just that, on your trusty Apple Watch.





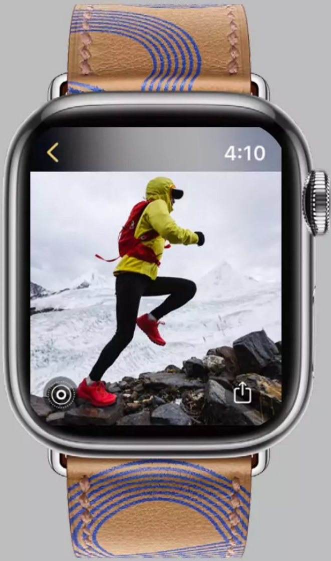


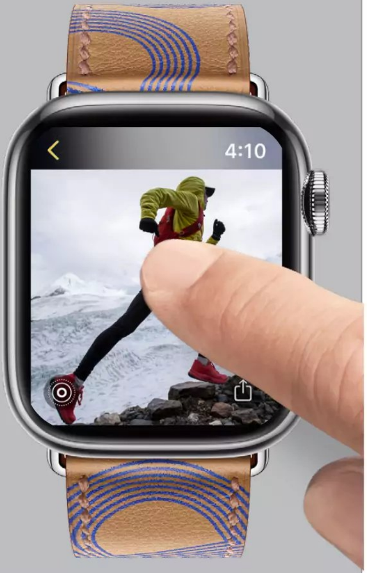
1 Choose a photo you want to use as a watch face and open it. Tap the Share icon in the bottom-right corner, and scroll with the Digital Crown until you get to the Create Watch Face button.

2 Tap Create Watch Face and choose whether you want a Kaleidoscope face or a regular Photo face. The former turns the photo into a kaleidoscope pattern on an analogue watch.

3 Opt for Photos and you get a full-screen photograph and a digital time readout. You can edit this watch face in the usual way, moving the digital time and adding complications.

Live Photos

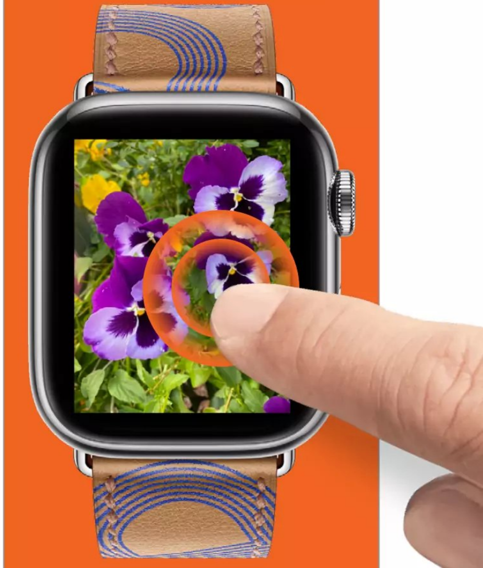




1 You know when you have a Live Photo on your Apple Watch, because when you tap it to show its top bar and icons, you see a Live Photo icon (concentric circles) in the bottom left.

2 To animate a Live Photo, tap and hold the screen, and you see the short video recorded with the picture. You can do this whether you have the icons visible on screen or not.

Resizing Photos



With a photo open on your Apple Watch, double tap the watch screen to toggle between viewing a picture that fills the entire screen, and a screen that shows the whole picture.

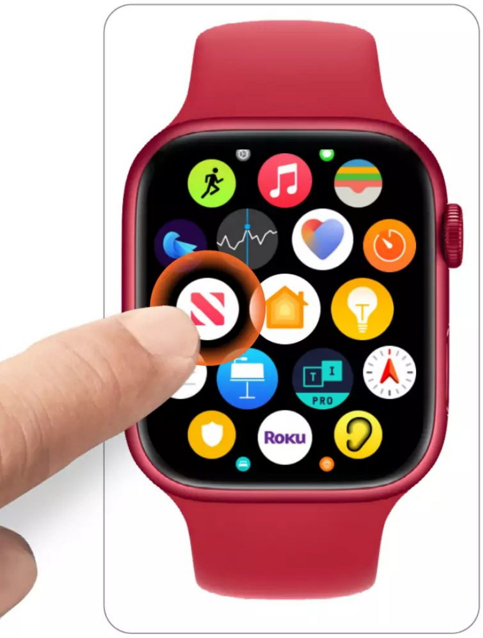
Here is the News

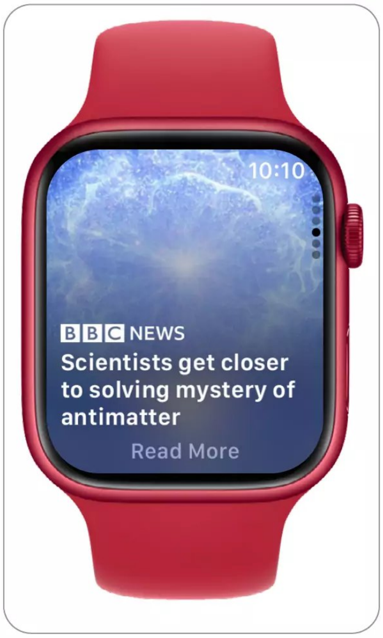
Apple News compiles important news stories and features from around the world and presents it to you in a single app. There's plenty of material here for free, but if you subscribe to Apple News+, you'll get access to hundreds of magazines and periodicals. The Apple Watch has a great News app, though it's not available in every region.

6:04
ESPN
Jess Hawkins becomes first woman to drive modern F1 car for five years
Read More

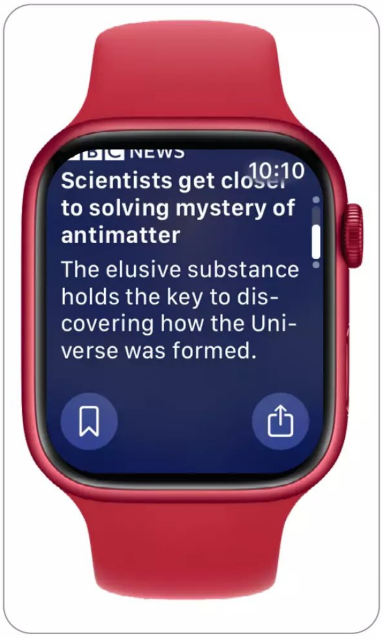
Using News on Apple Watch

The Apple Watch News app is amazing; drawing content from the News app on your iPhone, which you've customised and curated to give you the stories that best suit your needs and interests.





Scientists get closer to solving mystery of antimatter



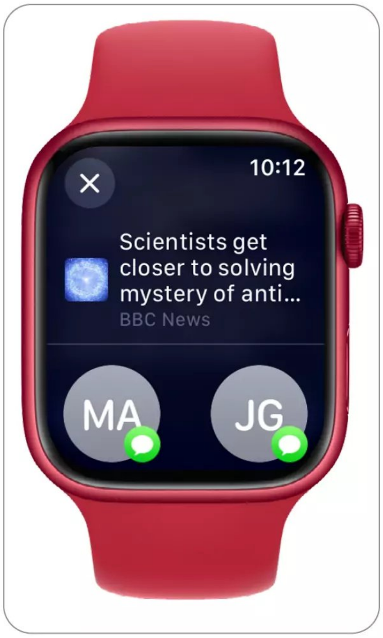
Scientists get closer to solving mystery of antimatter

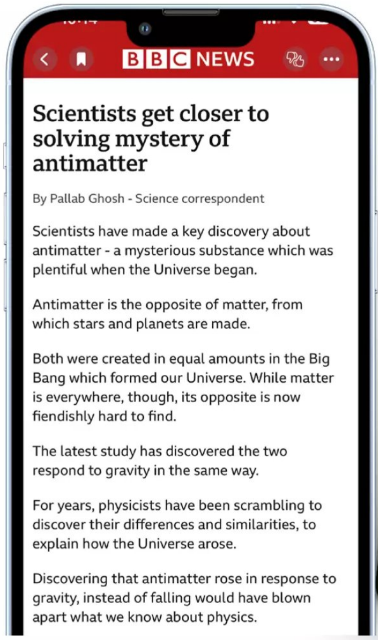
The elusive substance holds the key to discovering how the Universe was formed.

1 To open the News app on your Apple Watch, press the Digital Crown, navigate to the News icon and tap it. As is usual, the icon for the app is the same as the iPhone's News icon.

2 Scroll with the Digital Crown for a short summary of a series of news stories. Tap one for the full story, which you can scroll up and down with the Digital Crown or your finger.

3 At the foot of the story are two icons; Bookmark to save the story for later, and the Share icon. To close the current story, simply tap on it and you can select your next story with the Digital Crown.


10:12
Scientists get closer to solving mystery of anti...
BBC News
MA
JG



Scientists get closer to solving mystery of antimatter

By Pallab Ghosh - Science correspondent

Scientists have made a key discovery about antimatter - a mysterious substance which was plentiful when the Universe began.

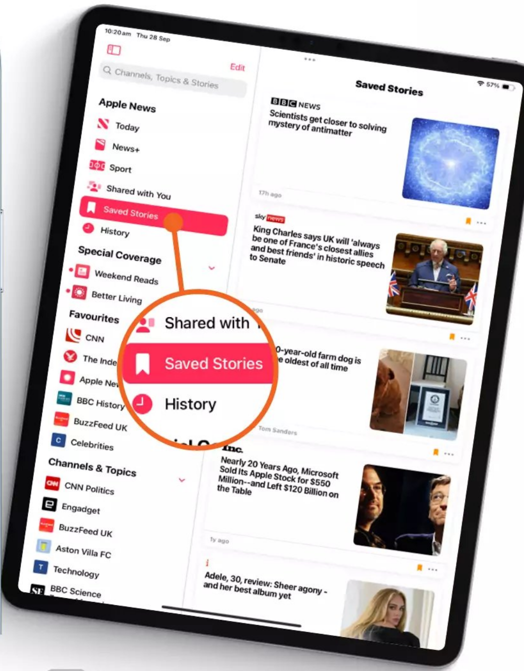
Antimatter is the opposite of matter, from which stars and planets are made.

Both were created in equal amounts in the Big Bang which formed our Universe. While matter is everywhere, though, its opposite is now fiendishly hard to find.

The latest study has discovered the two respond to gravity in the same way.

For years, physicists have been scrambling to discover their differences and similarities, to explain how the Universe arose.

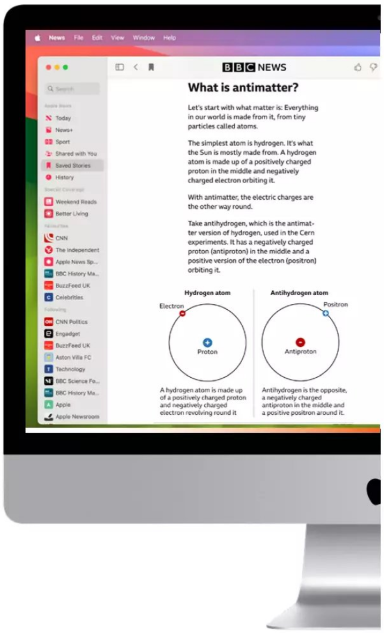
Discovering that antimatter rose in response to gravity, instead of falling would have blown apart what we know about physics.


10:20 am Thu 28 Sep
Channels, Topics & Stories
Edit
Apple News
Today
News+
Sport
Shared with You
Saved Stories
History
Special Coverage
Weekend Reads
Better Living
Favourites
CNN
The Inde
Apple Ne
BBC History
BuzzFeed UK
Celebrities
Channels & Topics
CNN Politics
Engadget
BuzzFeed UK
Aston Villa FC
Technology
BBC Science
Saved Stories
Shared with
Saved Stories
History
BBC NEWS
Scientists get closer to solving mystery of antimatter
King Charles says UK will 'always be one of France's closest allies and best friends' in historic speech to Senate
Nearly 20 Years Ago, Microsoft Sold Its Apple Stock for $550 Million—and Left $120 Billion on the Table
Adele, 30, review: Sheer agony - and her best album yet

4 Using a news story's Share icon, you can share the story using Messages or Email. Tap a pin at the top of the options to share with the person in question, or scroll to the app icons below.

5 To open a story you've Saved for Later on your iPhone, open the iPhone's News app and tap Following at the foot of the screen. Tap Saved Stories, and your story is there.

6 When using an iPad's News app, on the left-hand side of the screen is a sidebar (opened with the top-left icon in portrait mode). Tap Saved Stories in this sidebar.


News File Edit View Window Help
BBC NEWS
Today
News+
Sport
Shared with You
Saved Stories
History
Weekend Reads
Better Living
CNN
The Independent
BBC History Ma...
BuzzFeed UK
Celebrities
CNN Politics
Engadget
BuzzFeed UK
Aston Villa FC
Technology
BBC Science Fo...
BBC History Ma...
Apple
Apple Newsroom
Hydrogen atom
Antihydrogen atom
Electron
Positron
Proton
Antiproton

What is antimatter?

Let's start with what matter is: Everything in our world is made from it, from tiny particles called atoms.

The simplest atom is hydrogen. It's what the Sun is mostly made from. A hydrogen atom is made up of a positively charged proton in the middle and negatively charged electron orbiting it.

With antimatter, the electric charges are the other way round.

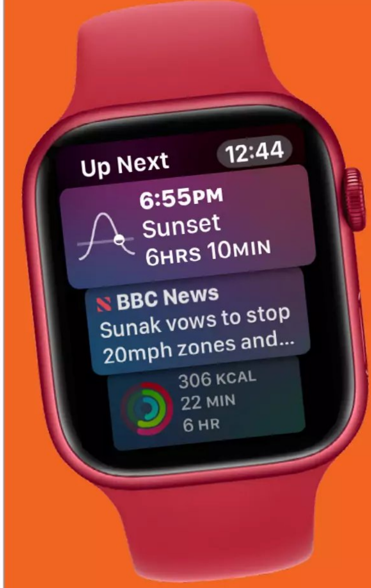
Take antihydrogen, which is the antimatter version of hydrogen, used in the Cern experiments. It has a negatively charged proton (antiproton) in the middle and a positive version of the electron (positron) orbiting it.

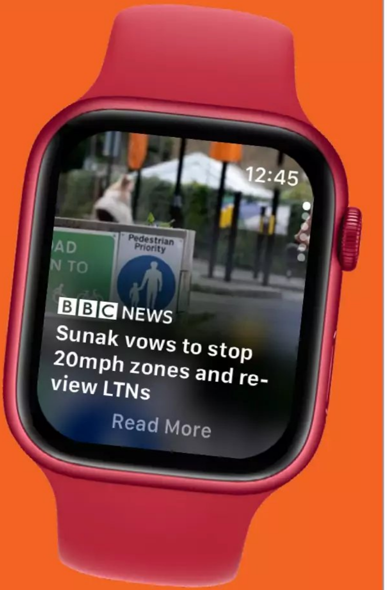
A hydrogen atom is made up of a positively charged proton and negatively charged electron revolving round it

Antihydrogen is the opposite, a negatively charged antiproton in the middle and a positive positron around it.

7 On a Mac's News app, there's a sidebar on the left-hand side of the app, unless you closed it. Click the Sidebar icon to open it again. Tap Saved Stories and your story is there.

The Siri Face


Up Next
12:44
6:55PM
Sunset
6HRS 10MIN
BBC News
Sunak vows to stop 20mph zones and...
306 KCAL
22 MIN
6 HR

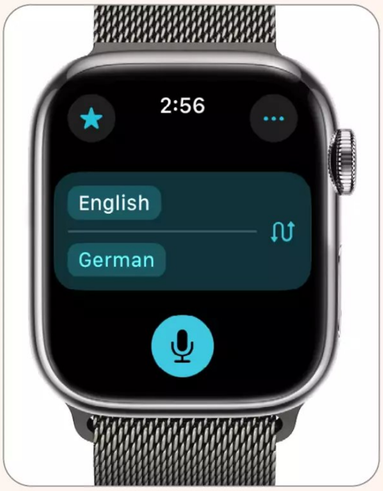

12:45
Pedestrian Priority
BBC NEWS
Sunak vows to stop 20mph zones and re-view LTNs
Read More

1 If you use the Siri watch face, you might get a notification about a story in the News app. If you do, tap it to go directly to that news story.

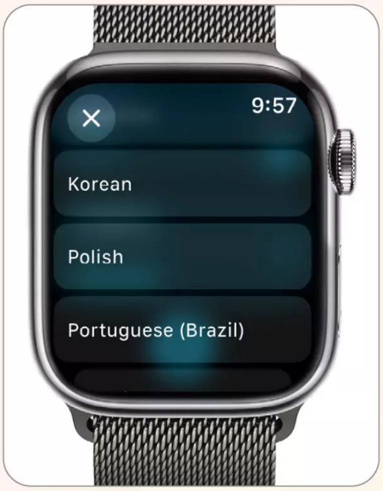
2 The news story opens on your Apple Watch in the usual way. You can then save it for later or review other stories, as always in News.

Translate App

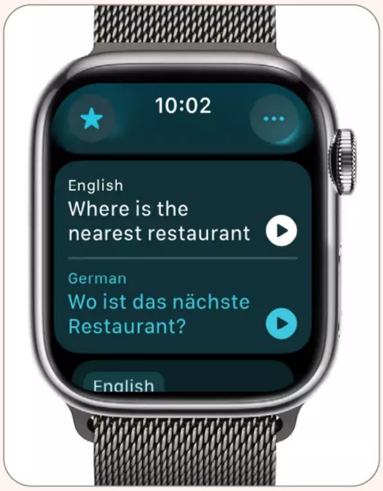
The iPhone's popular translation app has now come to the Apple Watch. It supports 20 different languages, and translates in real time, on your wrist.


2:56
English
German

1 Open the Translate app. Two languages are displayed; your words will be translated *from* the top one (in white) *to* the lower one (in blue). Tap the winding arrow to change them around.


9:57
Korean
Polish
Portuguese (Brazil)

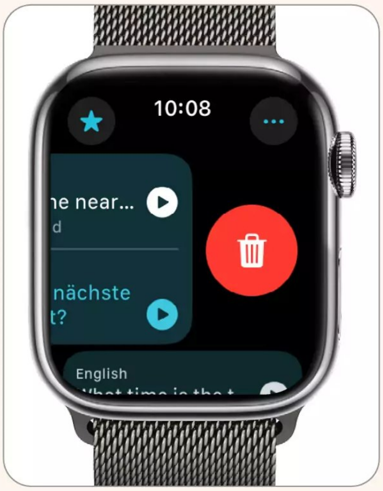
2 To change one of the languages, tap it for a list of available tongues. There are 20 on offer. Tap one, and it's made available for translation. You can even chose between UK and US English.


10:02
English
German
English

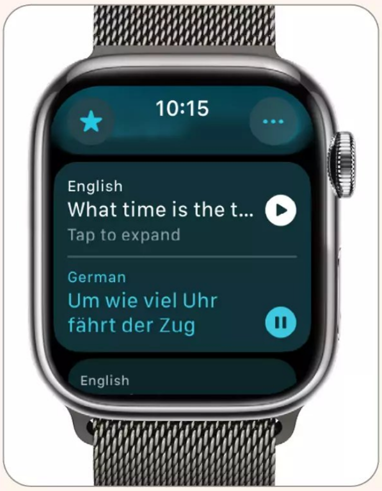
Where is the nearest restaurant

Wo ist das nächste Restaurant?

3 Tap the microphone icon, and speak in the upper (white) language. Your words are translated into the lower (blue) language. Scroll up to go back to the languages and the microphone


10:08
English

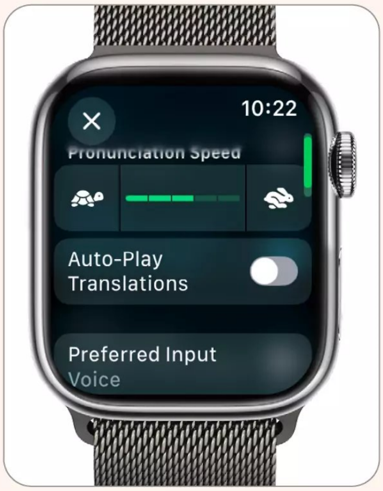
4 Scroll down to see previous translations you've done using the app. If you want to delete one, swipe it left and tap the dustbin icon that appears. To favourite it, swipe it right and tap the star.


10:15
English
Tap to expand
German
English

What time is the t...

Um wie viel Uhr fährt der Zug

5 Next to the text is a play icon. Tap it to have your watch read it out loud; use the Digital Crown to set the volume. If the text is truncated on the screen, tap it to expand and see it all.


10:22
Pronunciation Speed

Auto-Play Translations ○

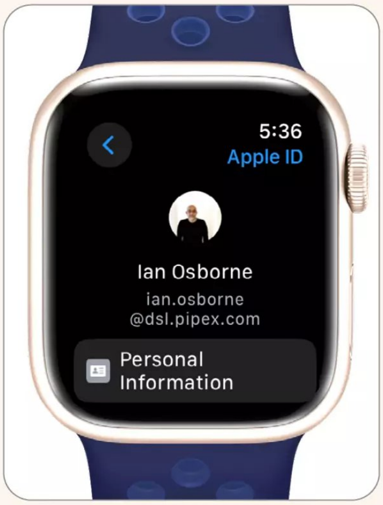
Preferred Input
Voice

6 Tap the star (top left) to see translations you've favourited. Tap the three dots (top right) for settings. You can change the speed of the spoken text, and switch between voice and keyboard input.

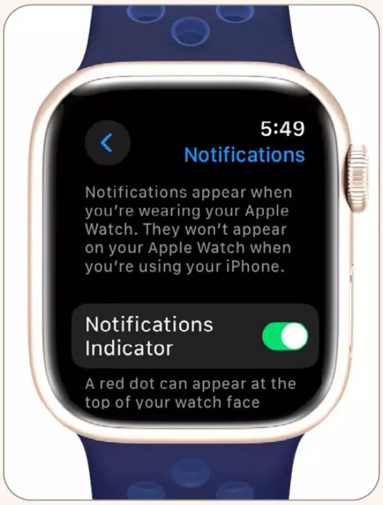
The Vitals App

The Vitals app helps you understand how your body recovers from exercise and injuries. If you wear your Apple Watch in bed, it can track key vitals such as heart rate, respiratory rate, wrist temperature, blood oxygen and rest duration. Over time, Apple Watch builds up a clear picture of these vitals' expected levels, and if any are out of sync with the average, the app lets you know.

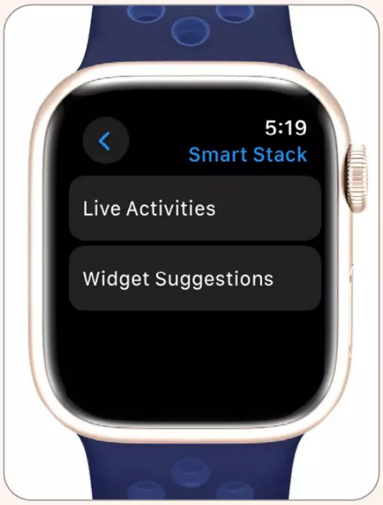
T W T F S S M
Respiratory Rate
14.6BrPM
Within Typical Range
WATCH


5:36
Apple ID
Ian Osborne
ian.osborne@dsl.pipex.com
Personal Information

1 Every morning, you can review your vitals stats. If they're within the acceptable range, they're shown as blue dots on a blue bar, as seen here. Scroll the Digital Crown to review each vital in turn.


5:49
Notifications
Notifications appear when you're wearing your Apple Watch. They won't appear on your Apple Watch when you're using your iPhone.
Notifications Indicator ●
A red dot can appear at the top of your watch face

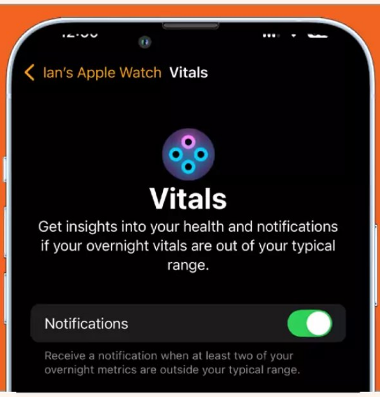
2 If some of your vitals are not within acceptable parameters, they're offered as pink dots that fall outside the blue bar. Tap the 'i' icon for more information about a vital, and how it works.


5:19
Smart Stack
Live Activities
Widget Suggestions

3 Tap the calendar app in the top left corner of the screen and you can see comparative stats for the last seven days for each vital. Use the Digital Crown to switch between vitals.

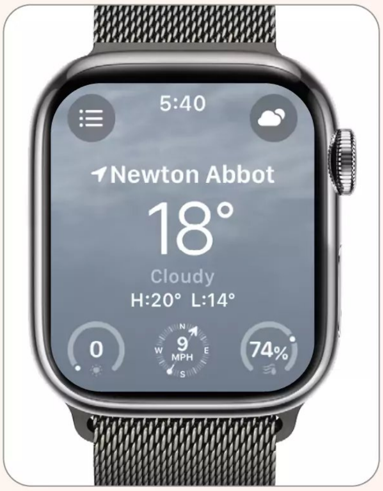
Vitals Notifications

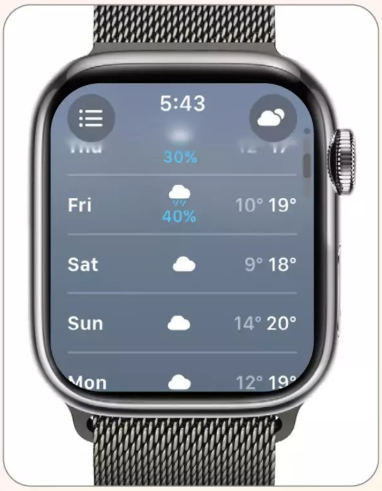
In the iPhone's Watch app, tap My Watch at the bottom of the screen, then tap Vitals. On the next screen, you can turn the app's notifications on or off. By default you get a notification when at least two of your overnight metrics are outside your typical range. We suggest you leave this on.

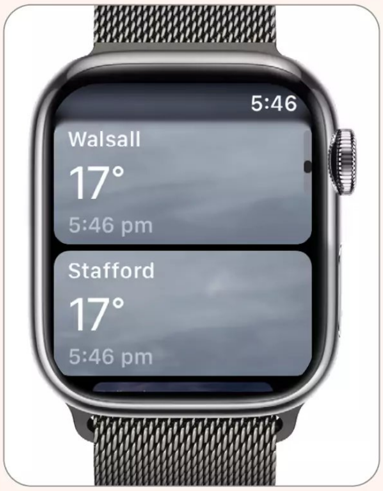

Ian's Apple Watch Vitals
Vitals
Get insights into your health and notifications if your overnight vitals are out of your typical range.
Notifications ●
Receive a notification when at least two of your overnight metrics are outside your typical range.

Watch the Weather

With the Apple Watch's Weather app, you need never get caught out in the rain without your umbrella again. Here's how to get the most from it.


5:40
Newton Abbot
18°
Cloudy
H:20° L:14°
0
9 MPH
74%

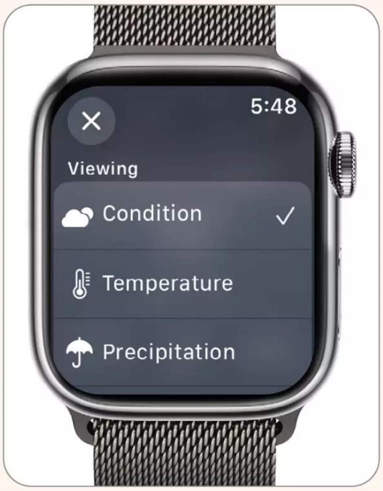

5:43
30%
Fri
40%
10° 19°
Sat
9° 18°
Sun
14° 20°
Mon
12° 19°

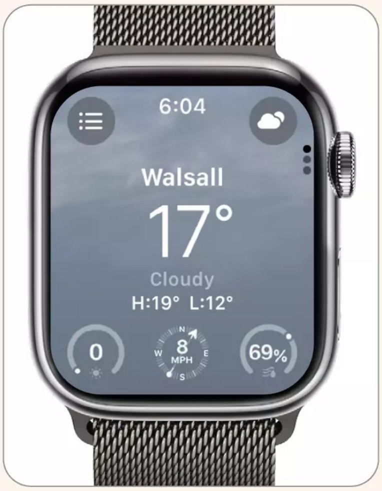

5:46
Walsall
17°
5:46 pm
Stafford
17°
5:46 pm

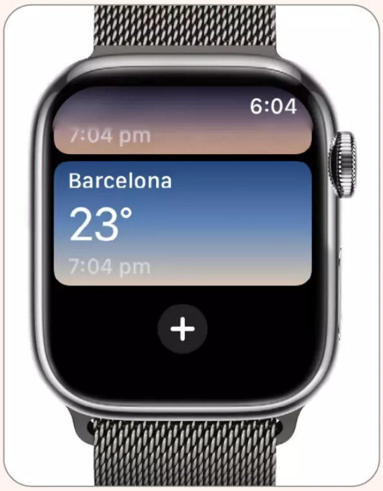
1 Open the Weather app on your Apple Watch to see the weather situation in your current location. Tap the screen repeatedly to cycle through various pieces of in-depth weather information.

2 Scroll up from this screen, using your Digital Crown, to see an hourly weather forecast for this location presented as a wheel, followed by a ten-day forecast offered as a list.

3 Tap the top-left corner of the screen for a list of locations you've added to your iPhone Weather app. At the top of the list is your current location, regardless of whether it's added.


5:48
Viewing
Condition ✓
Temperature
Precipitation


6:04
Walsall
17°
Cloudy
H:19° L:12°
0
8 MPH
69%


6:04
7:04 pm
Barcelona
23°
7:04 pm
+

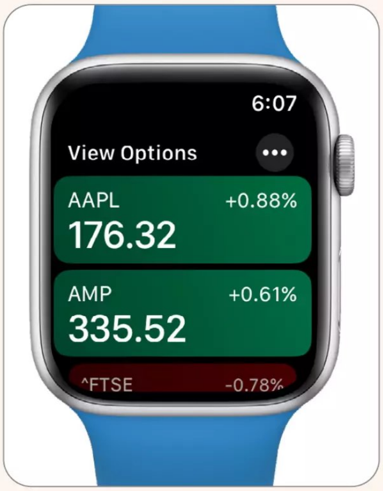
4 Turn the Digital Crown to the top of the main page and you see an icon showing a cloud. Tap it and you can choose to display Temperature, Conditions or Precipitation on the cities list.

5 Tap a city on your list to open the weather conditions for that location. This is very useful if you're planning a trip, and need to know whether to take your big coat and umbrella.

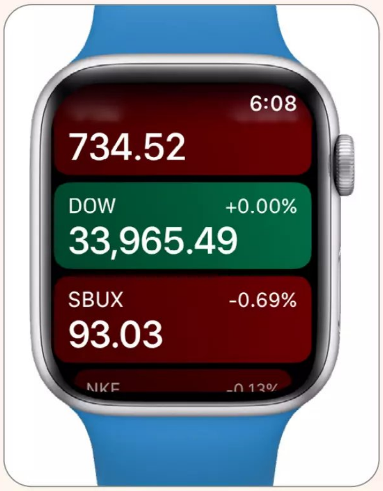
6 At the foot of the locations page there's a large '+' button. Tap it and enter the name of a town or city, and you can then add this locale to your Weather app, right from your wrist.

Follow Stocks

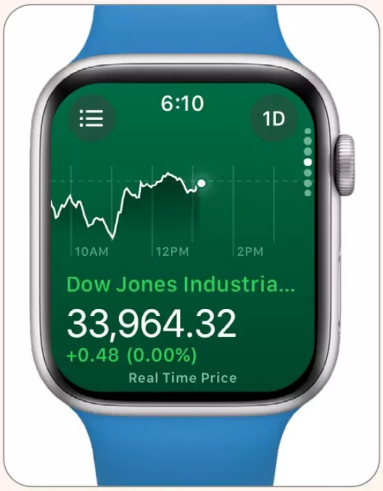
If you dabble in stocks, you've probably customised your iPhone's Stocks app so you can see how your investments are doing. See them on your watch too.


6:07
View Options
AAPL +0.88%
176.32
AMP +0.61%
335.52
^FTSE -0.78%

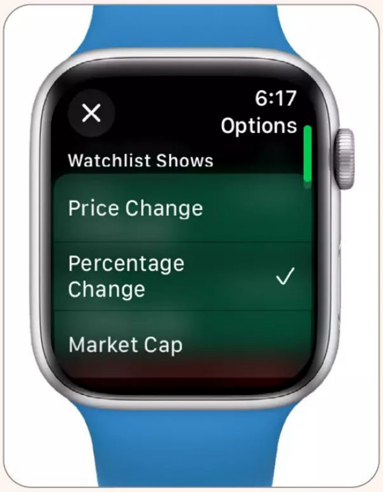
1 The Apple Watch has a Stocks app too. Open the Stocks app and you see the share price of the company you've set as your main stock. Prices are from the Nasdaq, and updated in real time.


6:08
734.52
DOW +0.00%
33,965.49
SBUX -0.69%
93.03
NKE -0.13%

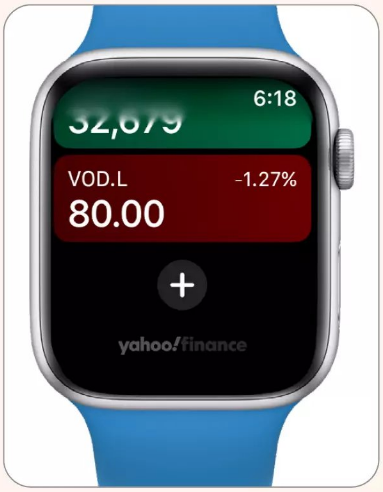
2 Scroll up from this screen using your Digital Crown to scroll through the other stocks in the list. Continue to scroll to work your way through them. If it's green, the price is going up; if it's red, it's going down.


6:10
1D
10AM
12PM
2PM
Dow Jones Industria...
33,964.32
+0.48 (0.00%)
Real Time Price

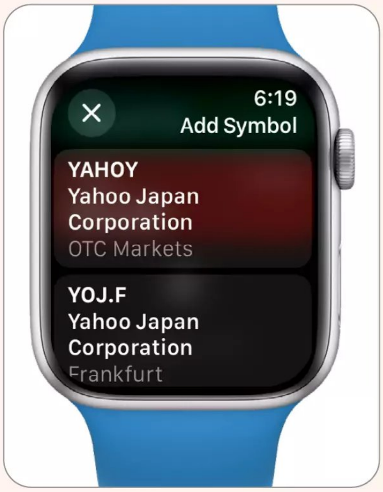
3 Tap one of the share prices for more information on the company in question. This includes a graph showing the price over time, the current share price, percentage change and more.


6:17
Options
Watchlist Shows
Price Change
Percentage Change ✓
Market Cap

4 At the top of the stocks list is a three-dots icon found in the top right corner. Tap it and you can change the information on the stocks list to Price Change, Percentage Change or Market Cap.


6:18
32,679
VOD.L -1.27%
80.00
+
yahoo!finance

5 At the foot of the stocks page there's a large '+' button. Tap it and enter the name of a company or its stock market abbreviation and you can add it to your list of displayed stocks.


6:19
Add Symbol
YAHOY
Yahoo Japan Corporation
OTC Markets
YOJ.F
Yahoo Japan Corporation
Frankfurt

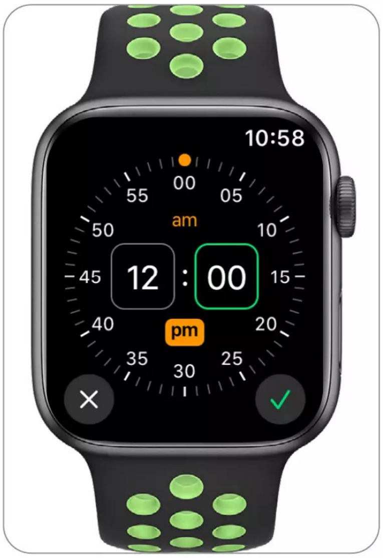
6 When adding a stock, you might find there's more than one listed company with the same name; American, Japanese and European arms, for example. Tap the one you want to add.

Stopwatch, Alarm Timer and World Clock on Watch

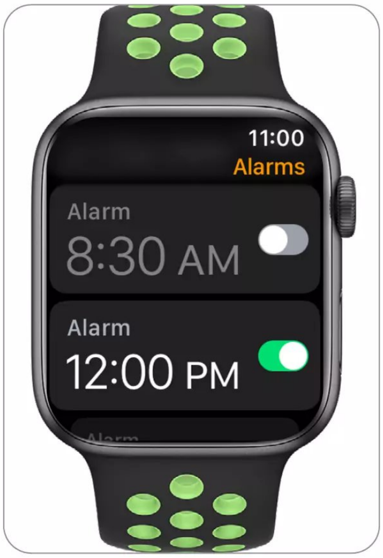
On the iPhone, the Stopwatch, Alarm, Timer and World Clock features are covered in a single app: the Clock app. On the Apple Watch, they're four separate applications but as they're fairly straightforward, we'll deal with them all together here. They're easy to find. The timers and clocks are the orange icons found either side of the Watch Face app on your app switcher.

11:03
World Clock
Newton Abbot
11:03
Today
7:06
7:04

Alarms



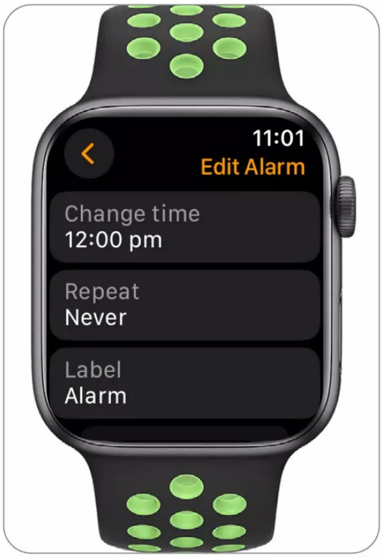
1 You can add an alarm directly from your Apple Watch. Open the Alarm app, scroll to the bottom and tap the plus button. Tap the hour, and turn the Digital Crown to set, then do the same for the minutes. Choose AM or PM. When you're done, tap the tick and the alarm is set.



Alarm
8:30 AM ○

Alarm
12:00 PM ●

2 Your alarm joins those synced from your iPhone, and is presented in a list. To turn the alarms on and off, tap the switch to their right. Scroll up and down the list with the Digital Crown, or by swiping with your finger. Active alarms are switched on, showing green next to the switch.



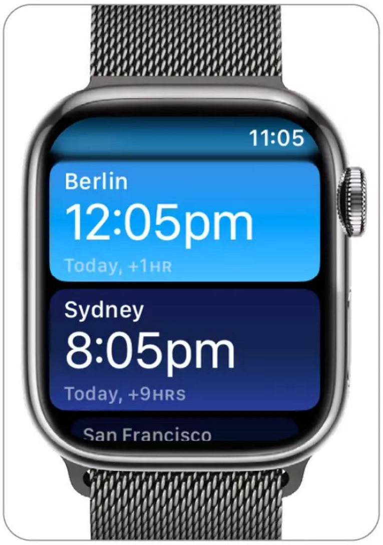
Change time
12:00 pm

Repeat
Never

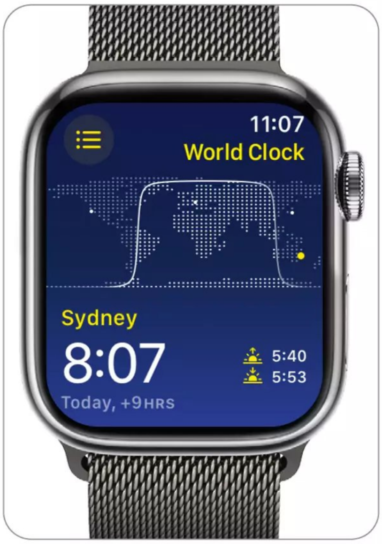
Label
Alarm

3 To edit or delete an alarm, tap it. On this next screen, tap the first option to change its time. Further options allow you to set the alarm to repeat, maybe every day, week or month, or to give it a name. A Snooze option can be on or off, or tap the Delete option to get rid of it altogether.

World Clock

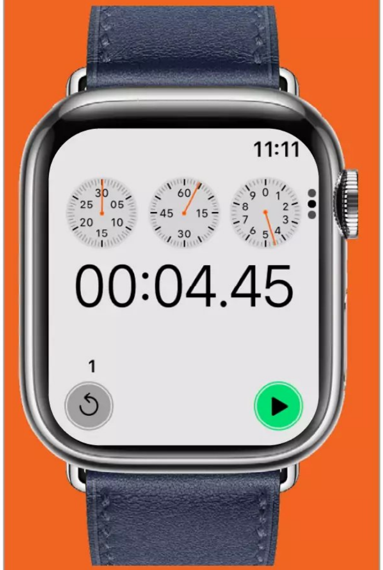

11:05
Berlin
12:05pm
Today, +1HR
Sydney
8:05pm
Today, +9HRS
San Francisco

1 Open the World Clock app and tap the three-lines icon (top left). The cities you've set up in the iPhone's Clock app appear here, as does your current location if you give permission. Use the Digital Crown to scroll up and down the list. You see local time and the time difference.

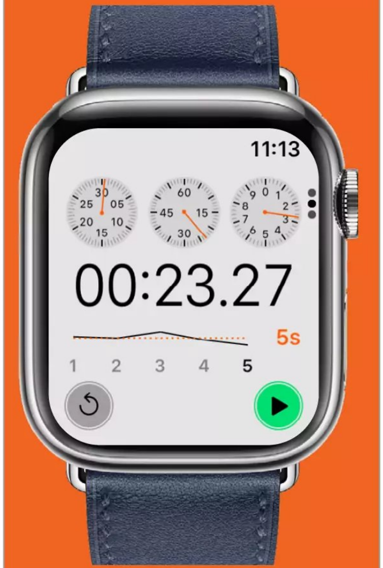

11:07
World Clock
Sydney
8:07
5:40
5:53
Today, +9HRS

2 Tap on one of the cities shown in the World Clock app for more details about the time in that location, including sunrise and sunset for the current time of year. To add a new city to your Apple Watch, on the World Clock page, scroll up to the large plus button and tap it.

Stopwatch

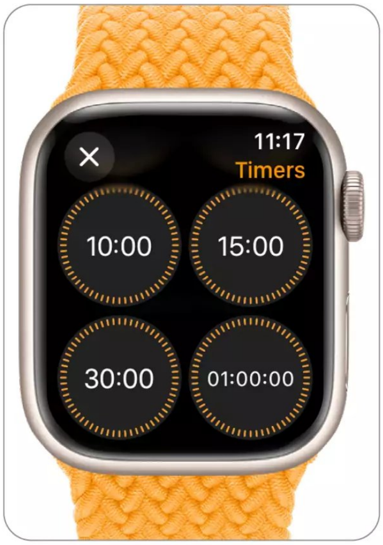

11:11
00:04.45
1

1 In the Stopwatch app, tap the green button to start timing and the red button to stop. Tap the curly arrow (bottom left) to reset it. If you'd prefer a different sort of stopwatch, scroll the Digital Crown before using the stopwatch to toggle Digital, Analogue, Graph or Hybrid.

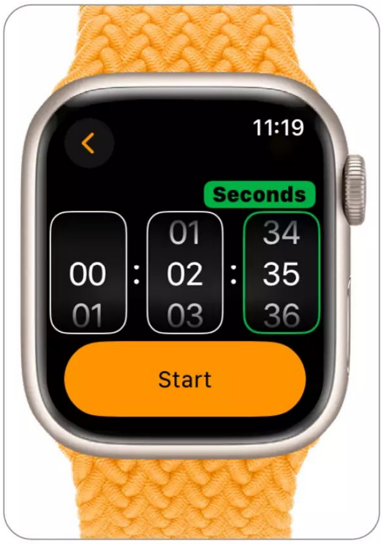

11:13
00:23.27
5s
1
2
3
4
5

2 While the stopwatch is running, tap the grey button (bottom left) to record a lap time without stopping the timer. You can time multiple laps this way. The Graph stopwatch is especially useful for timing laps, so you can see how well someone performs on each lap of a race.

Timer


11:17
Timers
10:00
15:00
30:00
01:00:00

1 The Timer function is like the stopwatch, but it counts down instead of up, and gives an alarm when it reaches zero. Just the thing for in the kitchen. When you open the app, there are ready-made timers of between one minute and two hours available; tap one to use it.


11:19
Seconds
00
01
01
02
03
34
35
36
Start

2 If you want to set a custom countdown timer, scroll to the top of the screen and tap the plus button. The three dials give you hours, minutes and seconds. Tap on one and move the Digital Crown to change it. When you've finished, tap Start and your countdown begins.

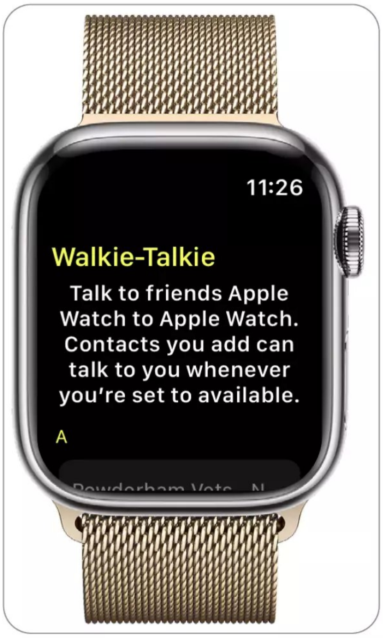
The Watch Walkie-Talkie

If you have an Apple Watch Series 1 or later, running watchOS 5.3 or later, you can make walkie-talkie calls right from your wrist. It works just like a physical walkie-talkie, where you must hold a Talk button while speaking, and release it while the other person presses Talk and speaks. The Walkie-Talkie app isn't available in some territories outside the US and UK.

11:31
James
James is talking

Setting Up Walkie-Talkie

Before you can use your Walkie-Talkie app on your Apple Watch, you have to set it up and invite a few friends to converse with you using this feature. Here's how to get started with the Apple Watch's Walkie-Talkie app.



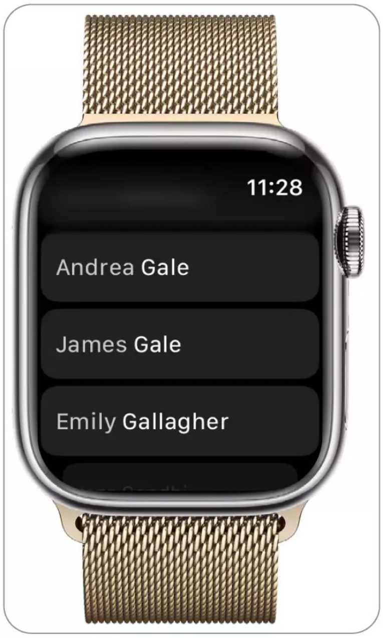
11:26

Walkie-Talkie

Talk to friends Apple Watch to Apple Watch. Contacts you add can talk to you whenever you're set to available.

A

1 Open Walkie-Talkie on your Apple Watch; it's a yellow icon with a black walkie-talkie on it. On the first screen, it explains that you need to add friends to the app before talking to them.



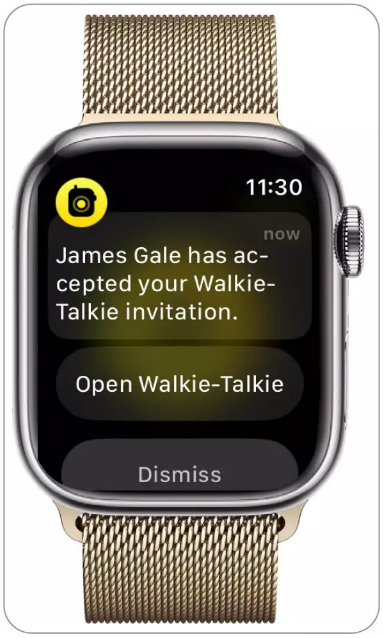
11:28

Andrea Gale

James Gale

Emily Gallagher

2 Scroll up the screen for a list of your contacts, drawn from the Contacts app. Find someone you wish to add, and tap their name. You're invited to turn on the Walkie-Talkie app.



11:30

now

James Gale has accepted your Walkie-Talkie invitation.

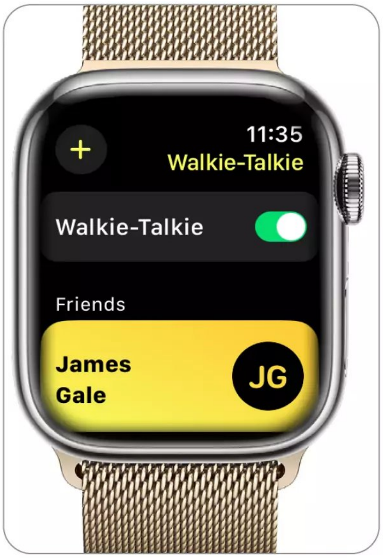
Open Walkie-Talkie

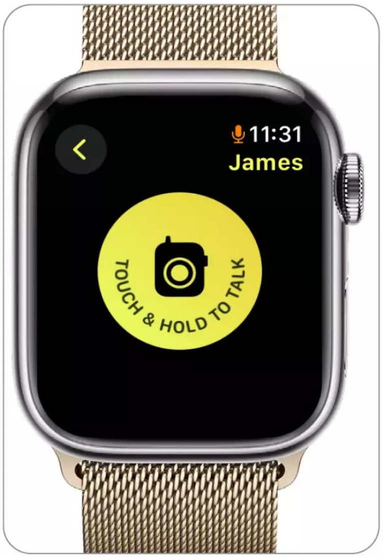
Dismiss

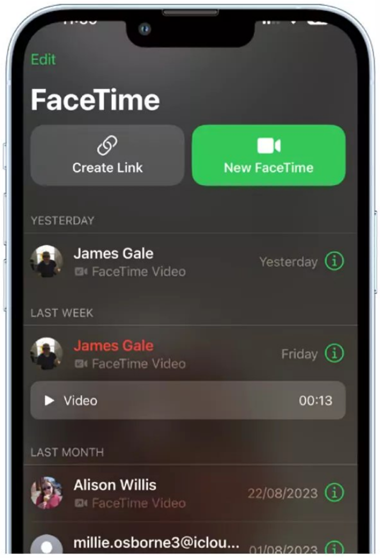
3 The people you add must accept your invitation. When they do, you can converse using the Apple Watch's Walkie-Talkie app, using the watch's built in mic and speakers.

Using Walkie-Talkie

When you're set up and have a few friends registered with Walkie-Talkie, you can make and receive two-way radio calls. It's not great for long conversations, but for a quick spoken message, it's great. And it's fun too!


+
11:35
Walkie-Talkie
Walkie-Talkie
Friends
James Gale
JG


11:31
James
TOUCH & HOLD TO TALK

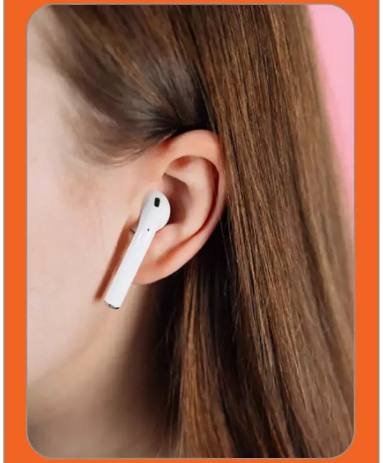

Edit
FaceTime
Create Link
New FaceTime
YESTERDAY
James Gale
FaceTime Video
Yesterday
LAST WEEK
James Gale
FaceTime Video
Friday
Video
00:13
LAST MONTH
Alison Willis
FaceTime Video
22/08/2023
millie.osborne3@iclou...
01/08/2023

1 To initiate a conversation, open the app and make sure it's switched on. Tap one of your friends to initiate a call. Add more friends by tapping the plus button at the top of the page.

2 While talking on Walkie-Talkie, you must tap and hold the big yellow button on the screen. When you've finished, release it so the other person can talk. Use the Digital Crown to change the volume.

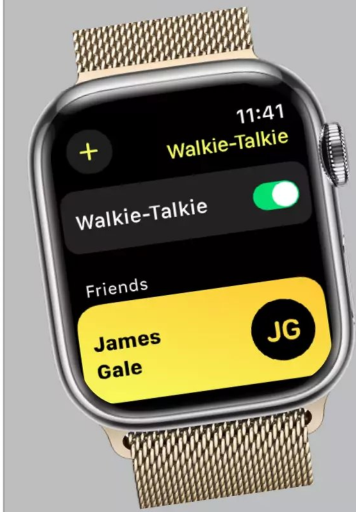
3 To use the Walkie-Talkie app, you must have set up FaceTime on your iPhone. You also need an Internet connection, either through your iPhone or directly on your watch.

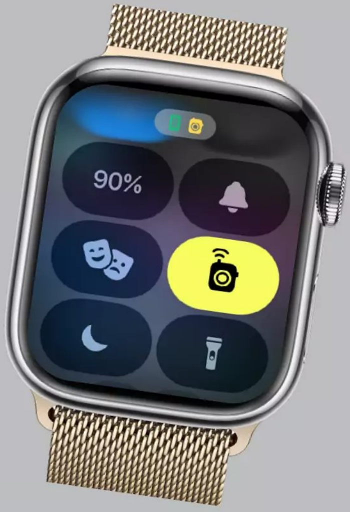
Use Earbuds



It's a good idea to use earbuds or headphones with a built-in mic connected to your Apple Watch when using the Walkie-Talkie app. It saves having to lift the phone to your mouth and tapping the screen at the same time.

Turning it On and Off


11:41
+
Walkie-Talkie
Walkie-Talkie
Friends
James Gale
JG



1 To turn off the Walkie-Talkie feature on your Apple Watch, open the Walkie-Talkie app and tap the switch at the top of the screen.

2 You can also press the side button to open the control centre, and then tap the Walkie-Talkie icon. It turns yellow when it's on.

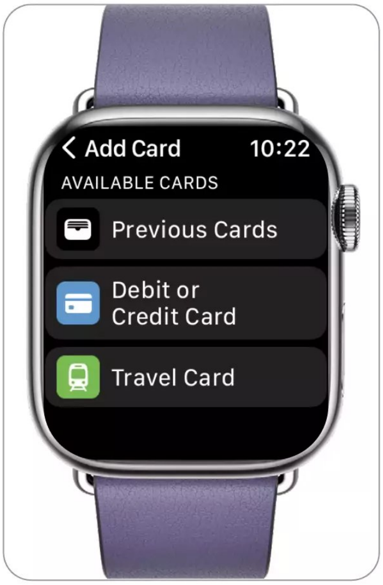
Wallet and Apple Pay on Watch

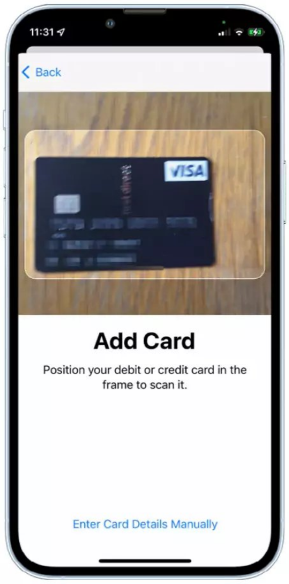
With Apple Pay, you can leave your wallet at home and shop with your iPhone and Apple Watch. Instead of picking through your purse or wallet trying to find the correct credit card, you can store your payment cards on your iPhone 6 or later versions and use them to make payments at the tills. Here's how to set up and use Apple Pay on your iPhone and Apple Watch.

12:19
Express Mode
PAYMENT CARDS FOR PUBLIC TRANSPORT
first direct Debit Card
···· 6619
first direct Credit Card - Visa
···· 0048

Storing Credit and Debit Card Information

Before you can use Apple Pay at the tills, you need to store your credit or debit card information on your iPhone. It appears on your Apple Watch too, so you can use Apple Pay to make purchases from your phone or your watch.

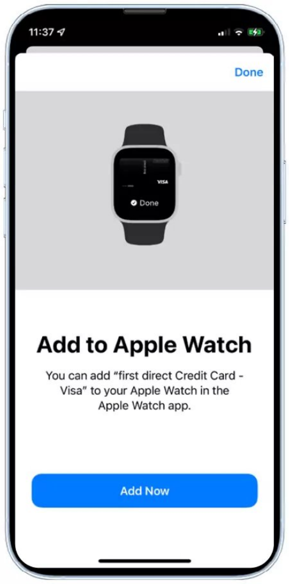

Add Card
10:22
AVAILABLE CARDS
Previous Cards
Debit or Credit Card
Travel Card


11:31
Back
VISA

Add Card

Position your debit or credit card in the frame to scan it.

Enter Card Details Manually


11:37
Done

Add to Apple Watch

You can add "first direct Credit Card - Visa" to your Apple Watch in the Apple Watch app.

Add Now

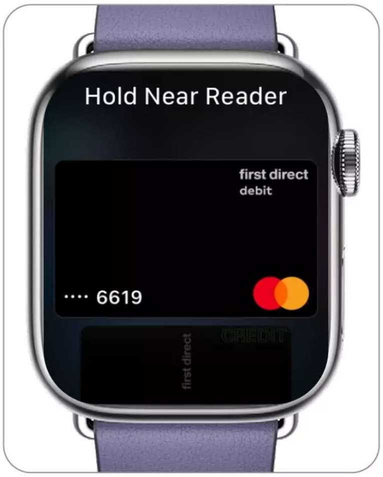
1 Open the Wallet app on your watch and you're invited to add a credit or debit card, or a travel card. If you've previously had cards stored on it, you can re-add them here too, or tap the three-dots icon to add a new one. You can add them on the watch, but it's easier to use your iPhone.

2 To add a new card, open your iPhone's Wallet app and tap Add. Choose whether to add a credit, debit or travel card, then tap Continue. Then use your iPhone's camera to take a photo of the card in question, keeping it in the frame. Alternatively, type the information in manually.

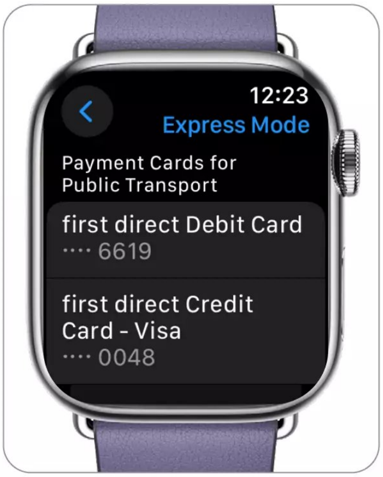
3 Tap Next, and you're asked for the security code from the back of the card. Agree to the T&Cs and you can add the card to your Apple Watch as well. Follow the on-screen instructions to complete. The first card you enter is the default payment card, but you can change this in Settings.

Using Apple Pay with Your Watch

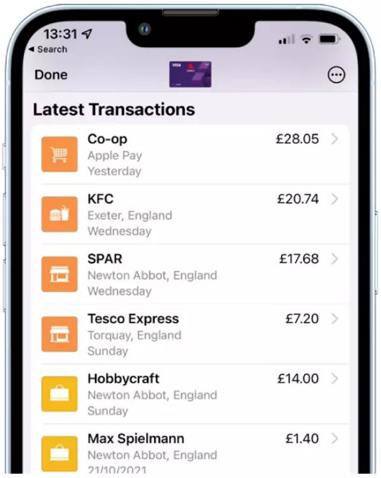
If the store you're shopping in takes Apple Pay, making a payment from your Apple Watch is easy. For security reasons, you have to be wearing your watch, and it has to be unlocked with your passcode. Here's how it works.


Hold Near Reader
first direct debit
···· 6619
first direct
CREDIT

1 To access your cards on your Apple Watch, first double-click the side button. Scroll through your cards with the digital crown, and when the one you want to use is showing, hold your watch near the contactless payment terminal. It vibrates to confirm payment.


12:23
Express Mode
Payment Cards for Public Transport
first direct Debit Card
···· 6619
first direct Credit Card - Visa
···· 0048

2 Using Express Mode, you can use a card without double-tapping the side button first. To turn it on, tap a card, then tap the 'i' for information. Scroll down to Express Mode, tap it, then choose which card you want to use in Express Mode. Tap it, then confirm with your passcode.

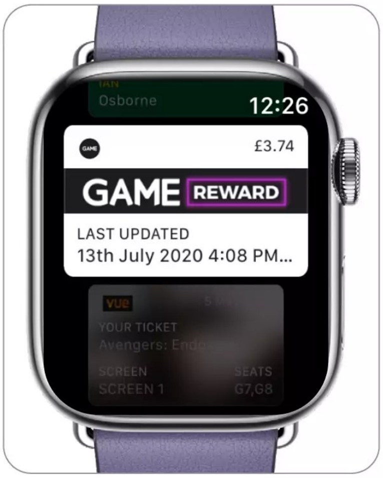

13:31
Search
Done

Latest Transactions

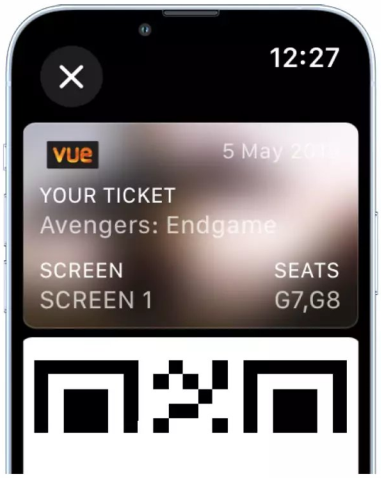
Co-op	Apple Pay Yesterday	£28.05
KFC	Exeter, England Wednesday	£20.74
SPAR	Newton Abbot, England Wednesday	£17.68
Tesco Express	Torquay, England Sunday	£7.20
Hobbycraft	Newton Abbot, England Sunday	£14.00
Max Spielmann	Newton Abbot, England 21/10/2021	£1.40

3 You can review payments you've made on your cards using your iPhone or Apple Watch. On your phone, open the Wallet app, tap the card you want to check and it's displayed with recent transactions listed underneath. If they aren't, contact your bank for assistance.

Storing Other Cards


Osborne
12:26
£3.74
GAME REWARD
LAST UPDATED
13th July 2020 4:08 PM...
vue
YOUR TICKET
Avengers: Endgame
SCREEN
SCREEN 1
SEATS
G7,G8

1 If you add a loyalty card's iPhone app, it might support the Wallet app too. If it does, it will appear on your Watch. In some territories, you can store travel cards and use them at checkpoints.


12:27
vue
5 May 2019
YOUR TICKET
Avengers: Endgame
SCREEN
SCREEN 1
SEATS
G7,G8

2 If you buy a compatible ticket or pass online, it appears on both your iPhone and Apple Watch. Use it like a paper ticket. In watchOS 11, information such as show times, directions and more are included.

Tap to Cash

$20
Sending $20...

With Tap to Cash, money can be transferred through Apple Cash by tapping your Apple Watch against another Apple Watch or an iPhone, or using two iPhones. It's private, secure and you don't need to share phone numbers or email addresses. At the time of writing, this – and other Apple Cash services – is only available in the USA, but it should be rolled out in other territories over time.

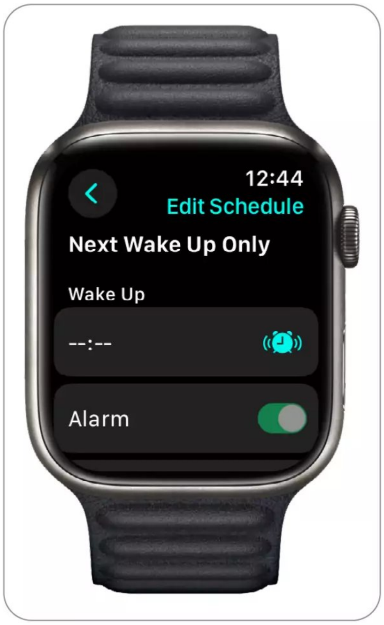
The Watch Sleep App

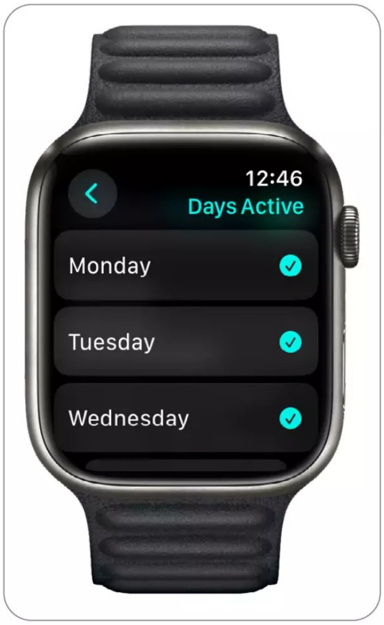
If you wear your Apple Watch in bed, you can use it to track your sleep, create bedtime schedules and make sure you meet your sleep goals. You can set up sleep goals on a per-day basis, so (for example), you can have a lie-in at the weekend, and still get up for work on weekdays. With our help, you can use the Sleep app to get a better night's sleep.

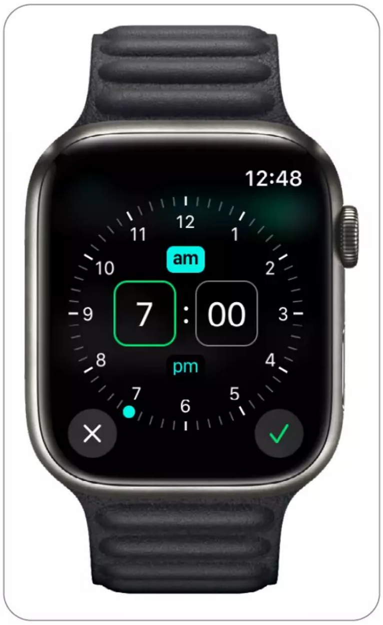
12:57
12
1
2
3
4
5
6
7
8
9
10
11
am
10 : 30
pm

Setting Up Sleep

Open the Sleep app on the Apple Watch; it's the blue icon with a bed on it. You can then set it up and use it to help you get a good night's sleep. You can even use Sleep Tracking to see how well you slept during the night.


12:44
Edit Schedule
Next Wake Up Only
Wake Up
--:--
Alarm

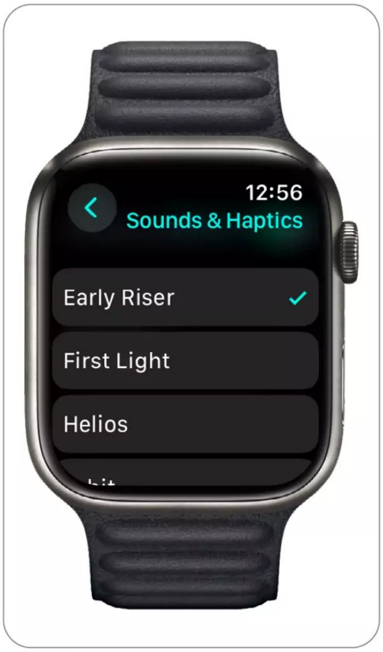

12:46
Days Active
Monday
Tuesday
Wednesday


12:48
12
1
2
3
4
5
6
7
8
9
10
11
am
7 : 00
pm

1 Open the Sleep app and tap the alarm icon. Scroll to Set Up Your First Schedule and set one up, configuring things like wake-up time, bedtime, sleep goal, sounds and haptics, alarms and more.

2 You can set up different schedules for different days of the week. Tap the Every Day button, and you're taken to a list of days, all ticked by default. Untick the ones you want to exclude from the schedule.

3 Tap the time listed under Wake Up and set a time at which you want to be woken. Tap the tick when done to go back to the previous screen, where you can switch the alarm on or off.



12:56

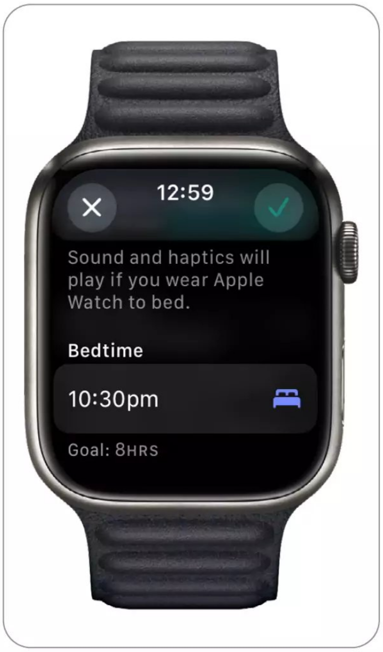
Sounds & Haptics

Early Riser ✓

First Light

Helios

4 Tap Sounds & Haptics, and you can choose an alarm sound to play, assuming you wear your watch in bed. Tap the options one by one to see what they sound like, then tick the one you settle on.



12:59

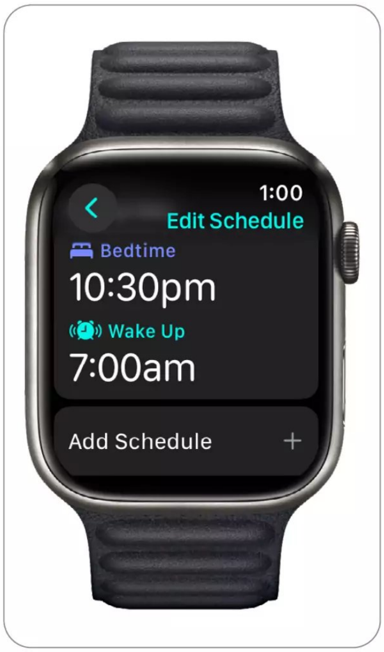
Sound and haptics will play if you wear Apple Watch to bed.

Bedtime

10:30pm

Goal: 8HRS

5 Finally, there's the Bedtime setting at the foot of the Bedtime settings page. Tap the currently stored time and set a time for when you want to go to bed. When you've finished, tap the tick icon.



1:00

Edit Schedule

Bedtime

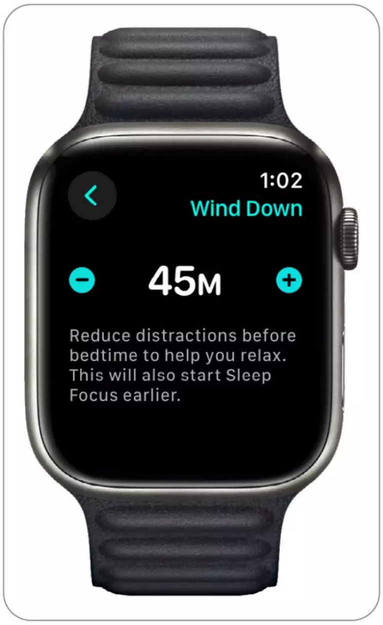
10:30pm

Wake Up

7:00am

Add Schedule +

6 Your schedule is displayed. If you want to add another – maybe if you've set up a weekday one for work, and now want to add a weekend one – tap Add Schedule. Otherwise tap the chevron to go back.



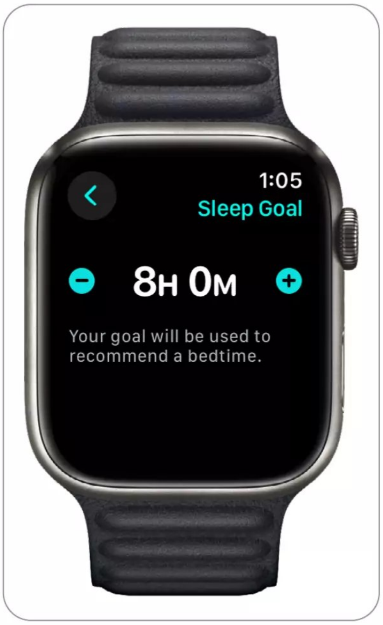
1:02

Wind Down

45M

Reduce distractions before bedtime to help you relax. This will also start Sleep Focus earlier.

7 Set a wind-down time for you to relax and unwind for a specified period before you go to bed, to help you get to sleep more easily. Use the '+' and '-' buttons to set the length of time before bedtime activates.



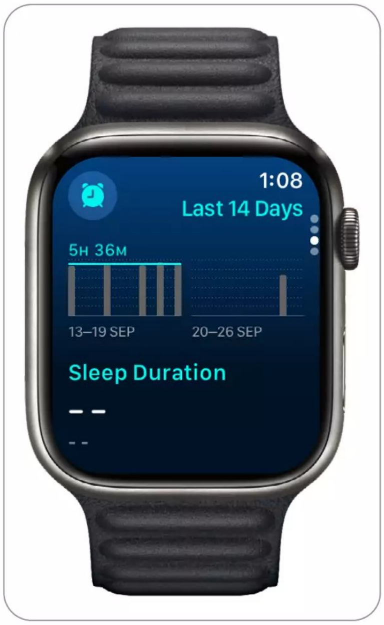
1:05

Sleep Goal

8H 0M

Your goal will be used to recommend a bedtime.

8 You can also enable a feature called Sleep Goal, which sets the amount of time you wish to remain asleep at night. This goal is used by the Sleep app to recommend you a time to go to bed.



1:08

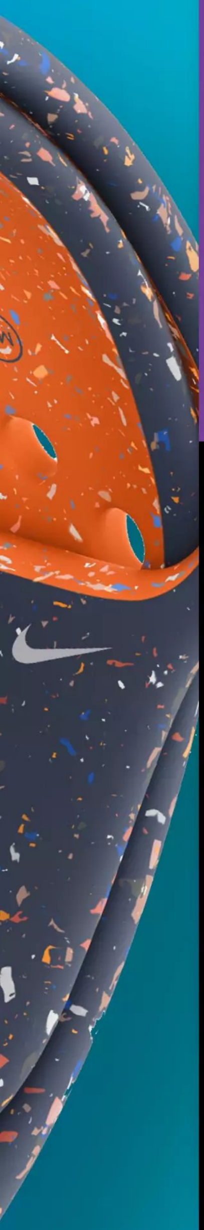
Last 14 Days

Sleep Duration

– –

9 When you've finished, tap the chevron in the top left corner. You see a screen that shows your sleep patterns. This is the Sleep app's opening screen. Scroll it up and down to see more information.

4.
UVI
55
65°
72
10
09
15:00
375
19
04
WATCH



Things to do on Your Watch

There's plenty more you can do with your Apple Watch. It's great for sports and fitness, and watchOS 11 brings a few more features too. You can keep track of your overall health, use it as a remote, unlock your Mac with it and more. It's amazing for controlling Home gadgets too, and for recording voice memos or using as a Camera app remote. Let's take a look at how to do all this and more.

Learn more >

11:47
00:03.27
MOVE
139/500
EXERCISE
4/30
STAND
4/12

Sports and Fitness

One of the best things about the Apple Watch is its sports and fitness features. You can time your workouts and record important information such as calories burned, time spent working out and average heart rate. Review your exercise in the Activity app, check on your blood oxygen levels and more.

2:49
529
50
08
MUSIC

Sports Straps

There are several straps available for the Apple Watch that are designed with sports in mind. Made from high-performance fluoroelastomer, the Sport Band fastens with a pin-and-tuck system that keeps the loose end of the band in place so there's nothing to get caught in your workout gear. It's soft, comfortable and sweat-proof, so it's ideal for the gym.

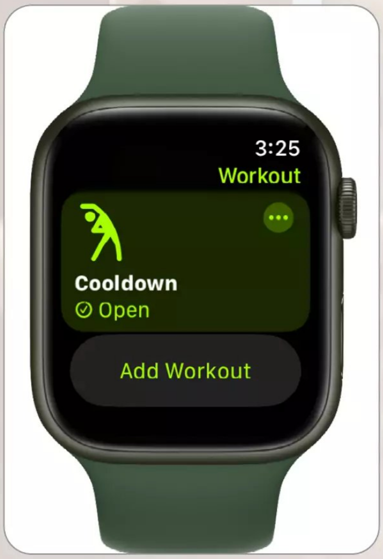
The Solo Loop is similar to the Sport Band, but it has no clasp or buckle. Made from liquid silicone rubber, it's a single-piece strap that stretches over your wrist. Comfortable and secure, it's both swim-proof and sweat-proof. If you prefer a fabric band, there's the Sport Loop. Its hook-and-loop fastener is easy to adjust, and the double-layer nylon weave allows your skin to breathe and moisture to escape. You can even get a Nike-branded Sport Loop.

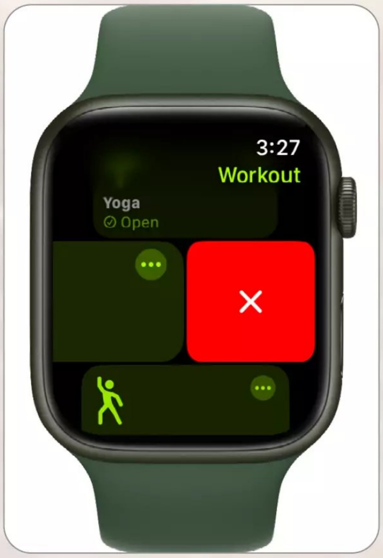
If you bought an Apple Watch with a non-sports strap such as the Milanese Loop or the Link Bracelet, it's a good idea to buy a more sporty strap for your workouts.

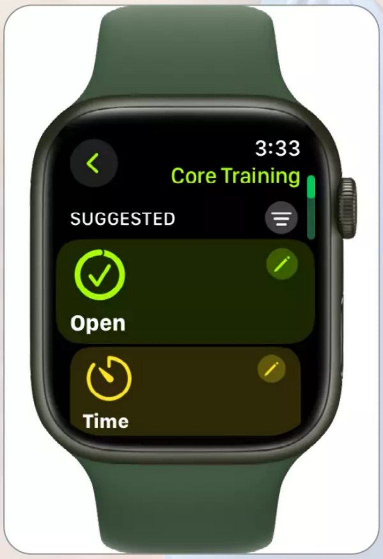
Solo Loop
Sport Loop
Sport Band

The Workout App

The latest release of watchOS brings us some new workouts, especially for cyclists and hikers. You can connect Apple Watch to Bluetooth devices for cycling, so more information can be recorded.


3:25
Workout
Cooldown
Open
Add Workout

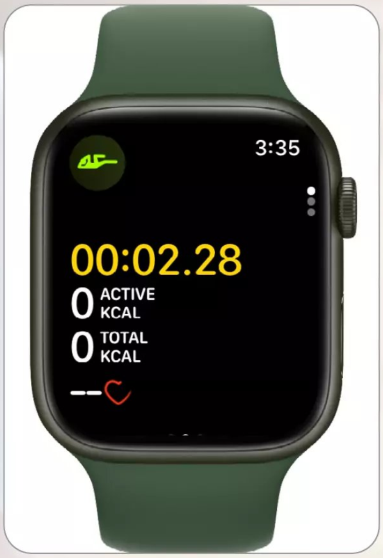

3:27
Workout
Yoga
Open

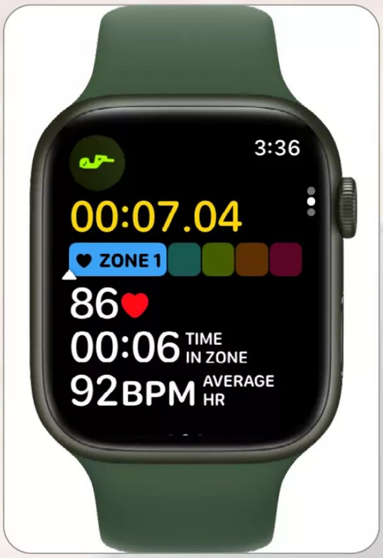

3:33
Core Training
SUGGESTED
Open
Time

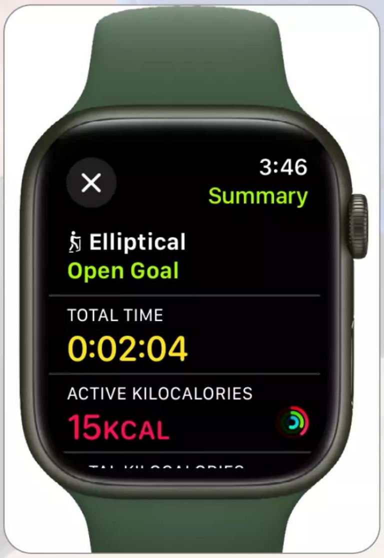
1 Use the Digital Crown or your finger to scroll up and down the list of available workouts. If you want one that isn't on the list, scroll to the bottom and tap Add Workout for alternative options.

2 To delete a workout, swipe it left and tap the cross that appears to delete. You can add it again later from the Add Workouts list. To set up a workout, tap the three-dots icon in that workout's button.

3 To set up a workout, tap the three-dots icon in that workout's button. Choose between an open workout, or working out for a specific time or to burn a set number of calories; then tap Create Workout.


3:35
00:02.28
0 ACTIVE KCAL
0 TOTAL KCAL
--

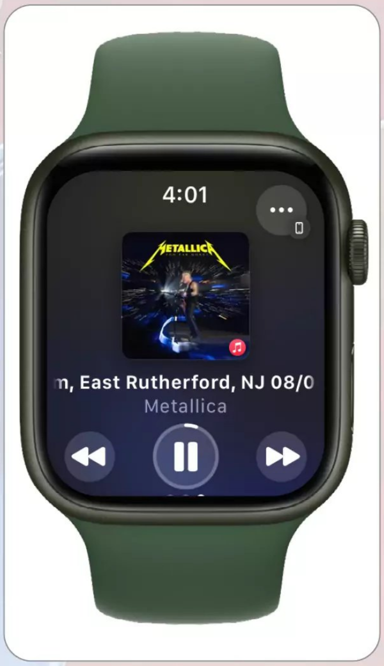

3:36
00:07.04
ZONE 1
86
00:06 TIME IN ZONE
92BPM AVERAGE HR


3:46
Summary
Elliptical
Open Goal
TOTAL TIME
0:02:04
ACTIVE KILOCALORIES
15KCAL

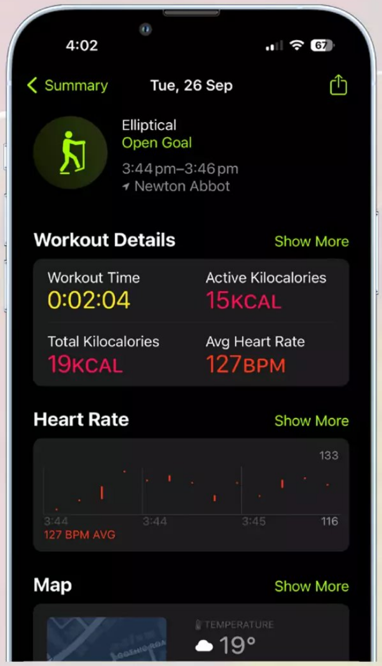
4 If you want to do an open workout (just work out with no set goal), you can start it by tapping that workout's button. After a three-count, the timer starts and your exercise is measured.

5 To check on how you're doing, lift your arm and look at your watch for a readout. Scroll the Digital Crown to highlight an exercise metric you're especially keen to observe.

6 At the end of the workout, you get a summary. Scroll up and tap the heart next to Avg Heart Rate to get to the Heart Rate app. When finished, tap the X icon in the top left corner of the screen.


4:01
METALLICA
n, East Rutherford, NJ 08/0
Metallica

7 If you swipe left during a workout, you're taken to the Music app's control screen. If you like to listen to your sounds while at the gym, this is a quick and easy way to access your controls.


4:02
Summary
Tue, 26 Sep
Show More
133
116
3:44
3:44
3:45
TEMPERATURE
19°

Elliptical
Open Goal
3:44 pm–3:46 pm
Newton Abbot

Workout Details

Workout Time 0:02:04
Active Kilocalories 15KCAL
Total Kilocalories 19KCAL
Avg Heart Rate 127BPM

Heart Rate

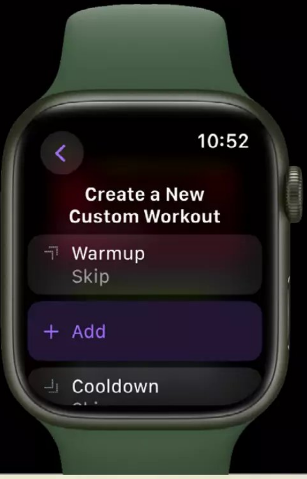
127 BPM AVG

Map

8 If you want to check your workouts after the event, on your iPhone, open the Fitness app. Your workouts are listed here. Tap one and you'll see the details of what you achieved.

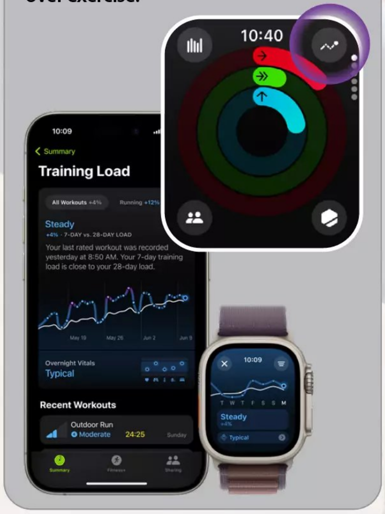
Custom Workouts

To set up a Custom Workout, in the Workouts app, scroll to the bottom and tap Create Workout then Custom. You can then chain exercises, including warm-ups and cool-downs. An Up Next view shows you how much time you have left in the current phase, and what's coming next.

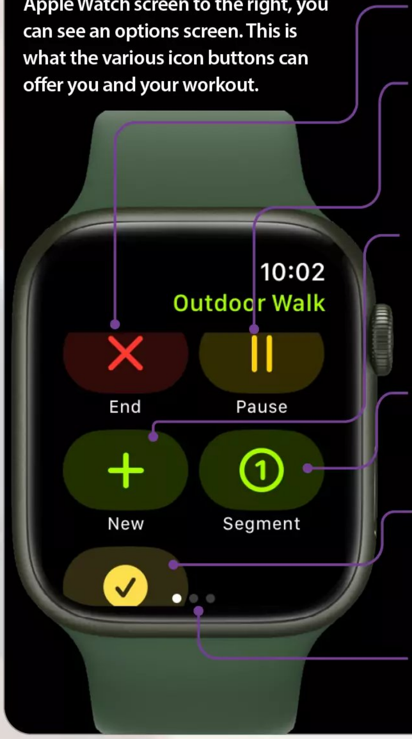

10:52
Create a New Custom Workout
Warmup
Skip
+ Add
Cooldown

Training Load

For the serious fitness enthusiast, Apple Watch offers a 28-day training load, accessed in the Activity app; tap the graph icon in the top right. You can see how recent exercise regimes compares with your 28-day average, and you're told if you're in danger of injury due to over exercise.


10:40
10:09
Summary
Training Load
Steady
Overnight Vitals
Typical
Recent Workouts
Outdoor Run
Moderate
24:25
10:09
Steady
Typical

During a workout, if you swipe the Apple Watch screen to the right, you can see an options screen. This is what the various icon buttons can offer you and your workout.


10:02
Outdoor Walk
End
Pause
New
Segment

End Workout: Ends your current workout session.

Pause Workout: Pause your workout without ending it. Alternatively, press the Digital Crown and Side Button to pause and resume.

New: You can start a new workout without resetting stats such as time, distance and calories burned.

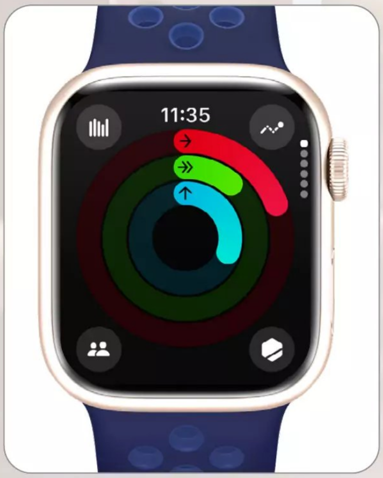
Segment: Divide your workout into segments. You could break an hour-long run into a ten-minute warm-up, a 40-minute speed run and a slower ten-minute cool-down. Tap the icon after each segment.

Check In: You can activate a check-in during a workout, for when you're training outdoors.

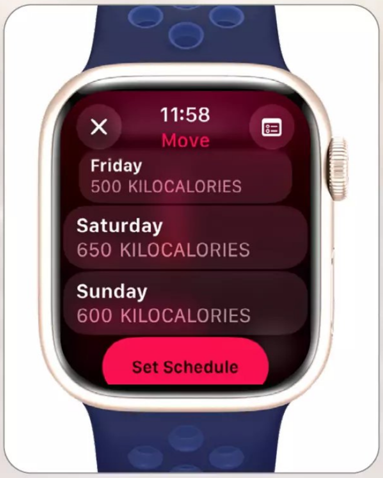
Dots: These dots show which screen you're on. This one is the left-hand screen. The middle one is the workout screen, and the right-hand one is for music.

Tracking Your Activity

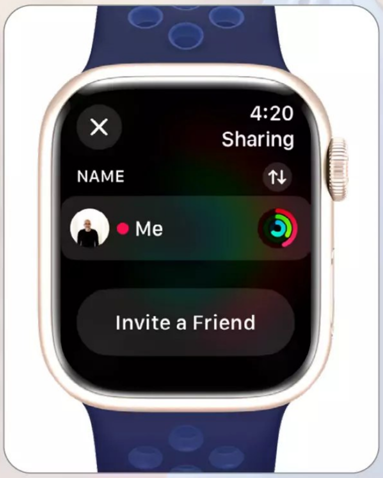
The Activity app helps you make sure that every day you stay active, take enough exercise and don't spend too much time sitting down. You can set it up as a watch face Complication too. Here's how to use the Activity app.



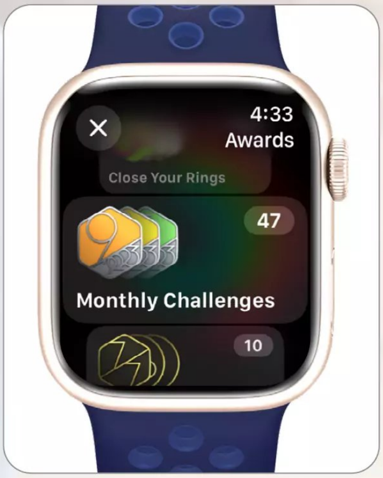
1 In the Activity app, part-completed circles represent your Move, Exercise and Stand scores. The circles are gradually completed throughout the day. When a circle is completed you've met that target. You might notice that if you use Activity as a Complication on your watch face, the lines in the watch face also update according to how active you've been that day.


11:58
Move
Friday
500 KILOCALORIES
Saturday
650 KILOCALORIES
Sunday
600 KILOCALORIES
Set Schedule

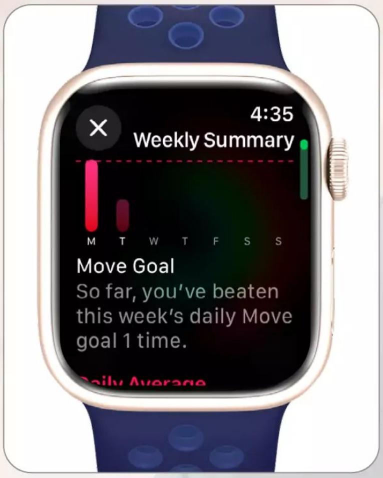
2 With Activity open, scroll using the Digital Crown or swipe with a single finger for specific figures regarding your Move, Exercise and Stand goals. If you tap the -/+ icon in the bottom right corner of the screen for each of these summaries, you can change the default targets for Move, Exercise and Stand. Just move the Digital Crown or use the buttons.


4:20
Sharing
NAME
Me
Invite a Friend

3 From the main Activity screen, tap the bottom-left icon (showing two people) for the Sharing options. Tap the Invite a Friend button and then choose a person or people from your Contacts app, to ask to share Activity scores. You're then alerted when friends close their rings, finish workouts or win awards. Naturally, they're told when you do these things too.


4:33
Awards
Close Your Rings
47
Monthly Challenges
10

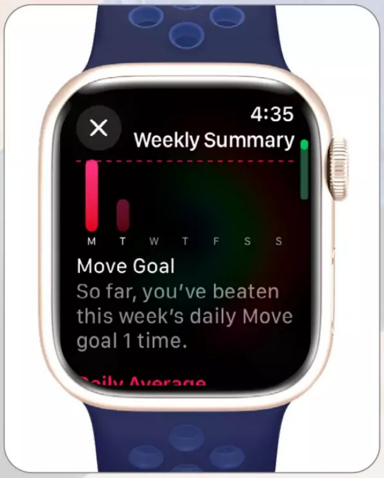
4 Tap the bottom-right icon (a hexagon) to see the range of awards you've won. Did you complete your monthly challenge? What about competitions? What workouts have you completed? These digital 'medals' show how you're doing. Tap one (earned or unearned), to see what's required.


4:35
Weekly Summary
M T W T F S S
Move Goal

So far, you've beaten this week's daily Move goal 1 time.

Daily Average

5 Again on the main Activity screen (the one showing your rings), tap the top left icon (a bar graph) to see your weekly summary. Scroll up and down with the Digital Crown or your finger for weekly statistics. Tap Change Goals at the bottom to change your Move, Exercise and Stand targets.


4:35
Weekly Summary
M T W T F S S
Move Goal

So far, you've beaten this week's daily Move goal 1 time.

Daily Average

6 To set different goals for different days, scroll up for your Move, Exercise and Stand stats, and tap a +/- icon. Tap Change Daily Goal and then the calendar (top right) to set differing daily schedules. Pause your rings by tapping the bar graph (top left, rings screen) and scrolling to the bottom.

More Sports and Fitness Tips

There's more. If you're interested in getting – or staying – fit and active, the Apple Watch has even more to offer. Let's take a look at some of its further features in the sporting and keep-fit sectors.

Blood Oxygen

4:48
95%, 1m ago
Start

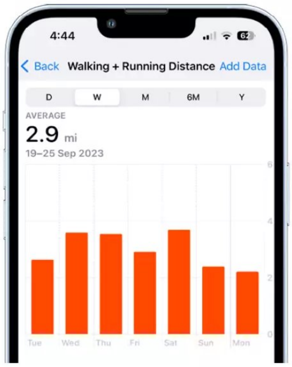
The Blood Oxygen app measures the percentage of oxygen your red blood cells carry from your lungs to the rest of your body. To do a reading, tap Start and remain still during the 15-second countdown. It should be between 95 and 100 percent. Tap the 'i' icon to learn more.

Apple Fitness+

10:09
05:27
136BPM
45 ACTIVE CAL
54 TOTAL CAL
05:27
136
45 CAL
06:31
128
74 CAL

Fitness+ is a total fitness programme that's available as a subscription, and is built around your Apple Watch. You can view a workout on an iPhone, iPad or Apple TV, following the instructor's directions. The service incorporates workout metrics from your watch as you go. A range of workouts are on offer, all led by specialist trainers. You can subscribe to Apple Fitness+ for £9.99/$9.99/9,99 € a month or £79.99/$79.99/79,99 € a year.

Miles or KM?


4:44
Back
Walking + Running Distance
Add Data
D
W
M
6M
Y
AVERAGE
2.9 mi
19–25 Sep 2023
Tue
Wed
Thu
Fri
Sat
Sun
Mon

It's possible to change the Activity app's distance measurements between km and miles, but doing so is not very intuitive. On the iPhone, open the Health app and go to Summary > Walking + Running Distance. Scroll to the bottom of the page and tap 'Unit'. You can then change which unit of measurement your Apple Watch uses.

Peripheral Vision

There are numerous peripherals on offer for the Apple Watch, many of which have sports and fitness in mind. Twelve South's ActionBand, for example, is a pair of sweat bands with space for the Apple Watch built into the left-hand band. The Quad Lock Bike Mount Kit for your iPhone is available from Apple, and holds your smartphone securely to your bike. And if you're concerned about scratching or banging your watch as you exercise, there are plenty of protective cases available.

2:49
529
50
08
9:41
68°

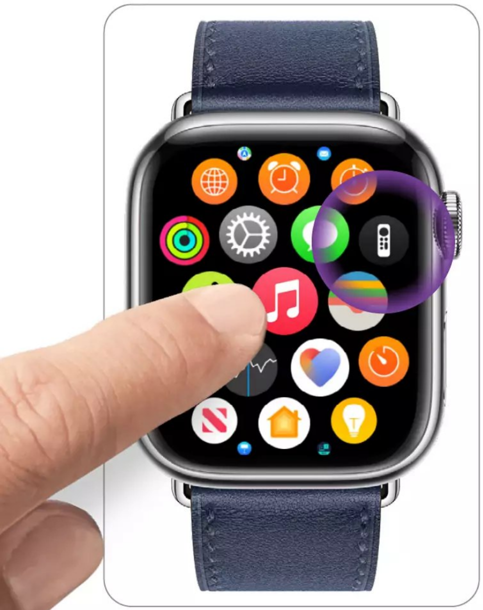
The Watch's TV Remote

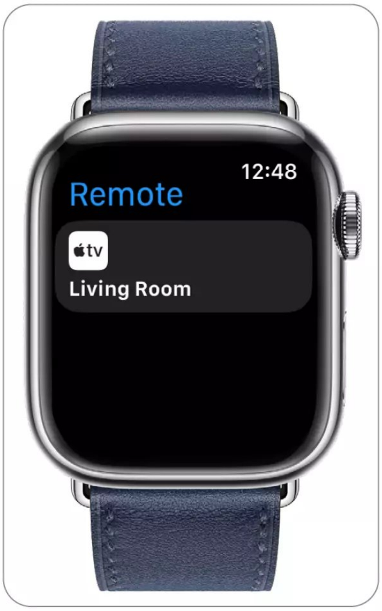
With the Remote app, you can use your Apple Watch as a controller for your Apple TV. Just pair the watch with an Apple TV device that's on the same wireless network, and you can play and pause the programme, navigate the menus and more, all from your wrist. It's just the thing if you can't find your remotes when you're comfortably settled on the sofa.

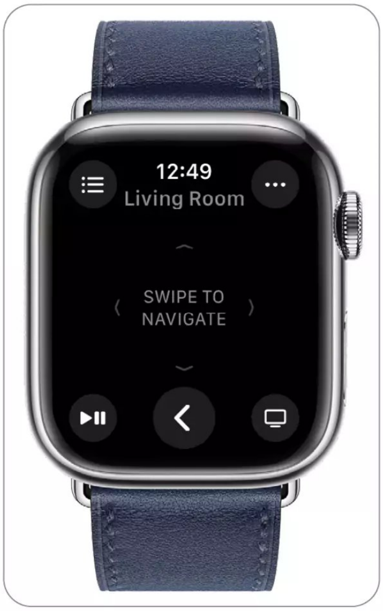
4:59
Remote
tv
Living Room
Ian Osborne's Library

The TV Remote

Before you can use your Apple Watch as a controller for an Apple TV, you must pair the two devices. Here we show you how to do this, and also how to use the watch's Remote app to control your Apple TV.







1 First of all, press the Digital Crown to get to the Home Screen. This screen is offered in a Grid View by default (as shown here), but you might have switched to a List View. Either way, tap the Remote app, the blue one with a white Play icon on it.

2 Switch on your Apple TV. Both your Apple TV and Apple Watch must be on the same Wi-Fi network, and your watch's Walkie-Talkie app should be off; use the Control Centre to do this. Your Apple TV appears on your watch's Remote app, then tap it.

3 You can now use your watch screen to swipe left, right, up and down just like you do with your Apple TV handheld remote. The chevron in the bottom-left works like the remote's Menu button, and the icon in the bottom-right is the Home button.

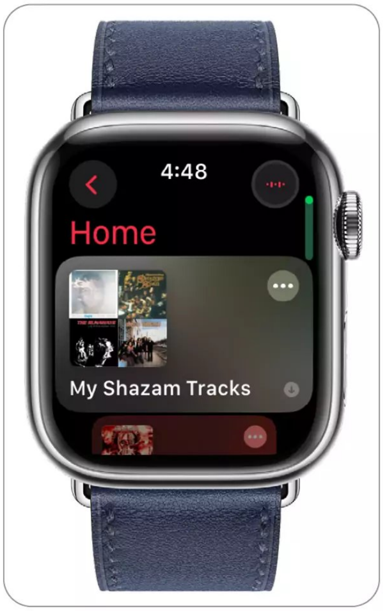
Now Playing – Control Your Music

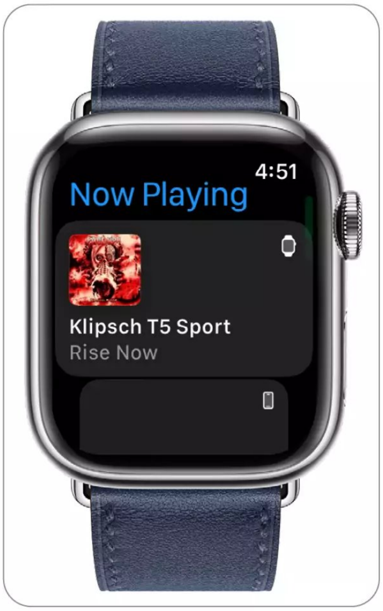
There's also a remote you can use when you're playing music through your Apple Watch or your iPhone. If you look on the Apple Watch's app picker, it's the icon that looks like a red 'play' icon made of parallel lines, on a white background. Tap it to open the Now Playing screen, from where you can control music playing from your smartwatch or phone.

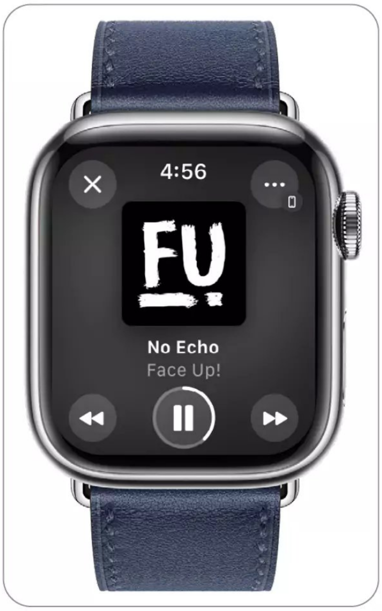
4:59
Remote
tv
Living Room
Ian Osborne's Library

Controlling your Music

Note: For this tutorial to work, the computer running the Music app and your Apple Watch must be on the same Wi-Fi network. Naturally if you're at home and on your household Wi-Fi network, this won't be a problem.







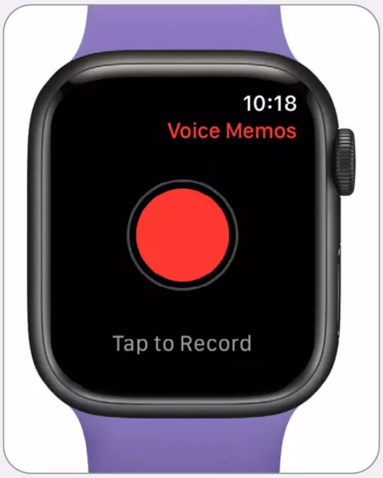
1 If you have your Apple Watch paired with a Bluetooth speaker or earbuds, you can listen to music you have stored on your Apple Watch. You can also stream music through the Apple Music service, directly to your watch, Naturally, you listen to it through the Music app.

2 Tap the Now Playing icon in the App Switcher. You're shown what's playing on devices you can control from the Apple Watch. If you're playing something from the Watch itself through connected Bluetooth devices, you can tap the Watch option to access Music controls.

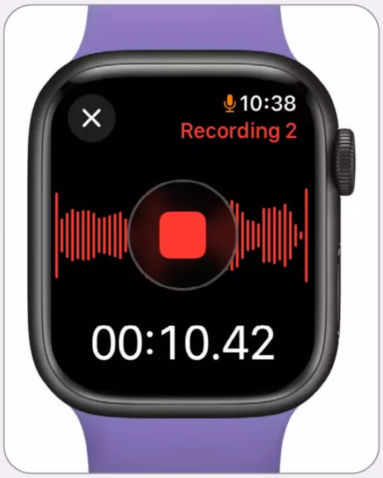
3 Alternatively, if you're listening to music playing on your iPhone, whether through the smartphone's speakers or connected Bluetooth audio outlets, you can choose the Now Playing app's iPhone option for controls. Raise or lower the volume with the digital crown.

Record Voice Memos

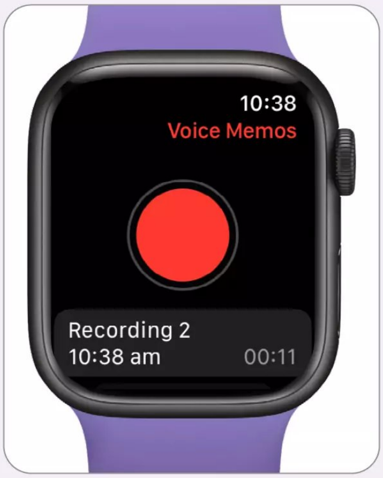
With an Apple Watch on your wrist, you can record short pieces of audio, quickly and easily, using the Voice Memos app. Here's how this handy app works.


10:18
Voice Memos
Tap to Record

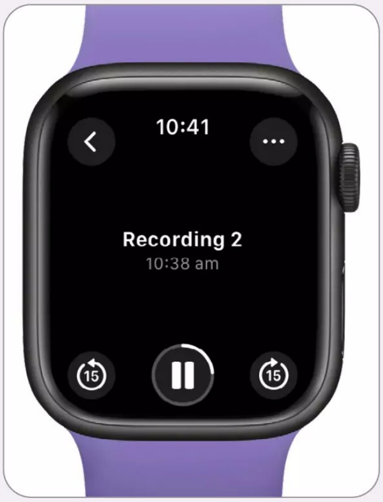
1 Open the Voice Memos app on your Apple Watch; it's the icon showing the red and white wave form. You'll see a simple screen, with a large red button in the centre labelled, 'Tap to record'.


10:38
Recording 2
00:10.42

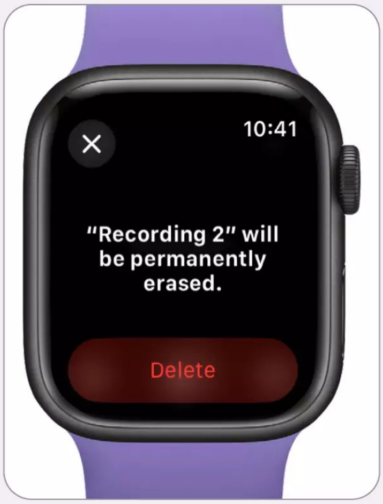
2 Tap the big red button, and if you're recording a voice memo, speak your message. Naturally, you can record other things too; just make sure the watch is close enough to the sound source.


10:38
Voice Memos
Recording 2
10:38 am
00:11

3 While recording, the circular red button turns into a square. When you've finished and you want to stop the recording, tap the square button and it ends. The recording is listed on the screen.


10:41
Recording 2
10:38 am
15
15

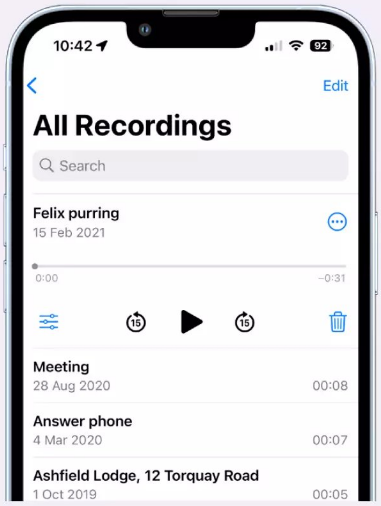
4 Tap a recording in the list and you're shown a set of audio controls. Tap the Play button to listen to it. Tap the word 'Recording' and you can enter a new name for your memo.


10:41

"Recording 2" will be permanently erased.

Delete

5 If you want to delete a voice memo, tap on it to open it and then tap the three-dots icon in the bottom-right corner of the screen. Tap the Delete button to permanently erase it.

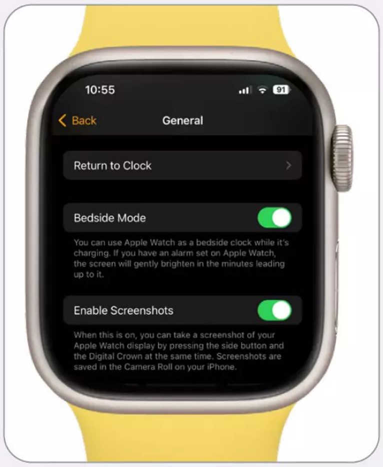

10:42
92
Edit
All Recordings
Search
0:00
-0:31
15
15

Felix purring	15 Feb 2021	
Meeting	28 Aug 2020	00:08
Answer phone	4 Mar 2020	00:07
Ashfield Lodge, 12 Torquay Road	1 Oct 2019	00:05

6 Recordings are synced with your iPhone, iPad and/or Mac, as long as they're signed into the same Apple ID. Just open the device's Voice Memos app and you can review it there too.

Take Screenshots on Your Watch

Did you know you can take screenshots of your Apple Watch face? Of course you did – you're reading a magazine that's full of them. But do you know how to do it? It's a useful tip; you can take a screenshot and send it to a friend, maybe to show them how to do something on their own Apple Watch, or share an alert you received. Here's how to take screenshots on your watch.


10:55
Back
General
Return to Clock

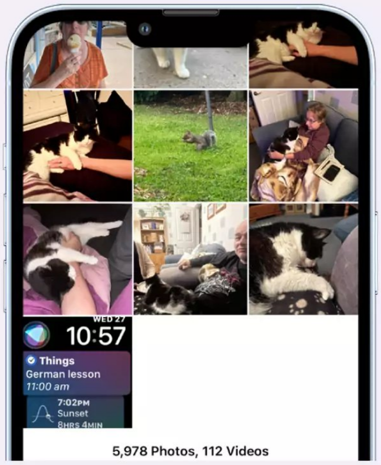
Bedside Mode: on

You can use Apple Watch as a bedside clock while it's charging. If you have an alarm set on Apple Watch, the screen will gently brighten in the minutes leading up to it.

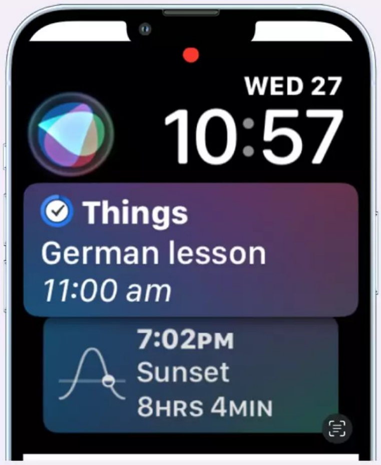
Enable Screenshots: on

When this is on, you can take a screenshot of your Apple Watch display by pressing the side button and the Digital Crown at the same time. Screenshots are saved in the Camera Roll on your iPhone.

1 In your iPhone's Watch app, go to My Watch > General and make sure Enable Screenshots is turned on. You can then take a screenshot on your Apple Watch by pressing the Digital Crown and Side Button together.


WED 27
10:57
Things
German lesson
11:00 am
7:02PM
Sunset
8HRS 4MIN
5,978 Photos, 112 Videos

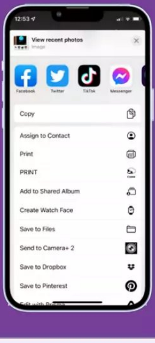
2 On your iPhone, open the Photos app. In the tabs at the bottom of the screen, tap the All Photos option on the right. You'll see thumbnails of your photos, including the screenshot you just took on your Apple Watch.

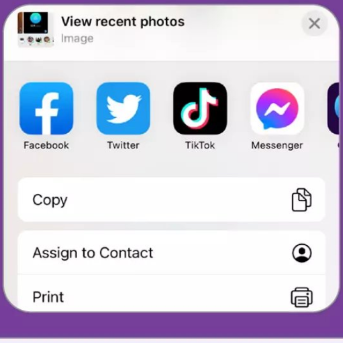

WED 27
10:57
Things
German lesson
11:00 am
7:02PM
Sunset
8HRS 4MIN

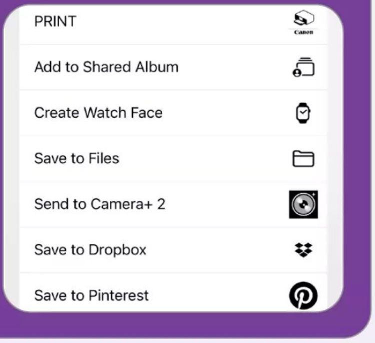
3 Tap the Apple Watch screenshot, and it opens, just like a photo. From here, you can tap the Sharing icon and send it to a friend or relative, through Messages, Mail, AirDrop and more.

Sharing Your Screenshot

Also under the Sharing menu, you can upload your Watch screenshot to Facebook or Twitter, add it to an album, print it out and more. Alternatively, instead of tapping the Sharing icon, tap the Select Text icon and copy the words from your watch face screen.




View recent photos
Image
Facebook
Twitter
TikTok
Messenger
Copy
Assign to Contact
Print

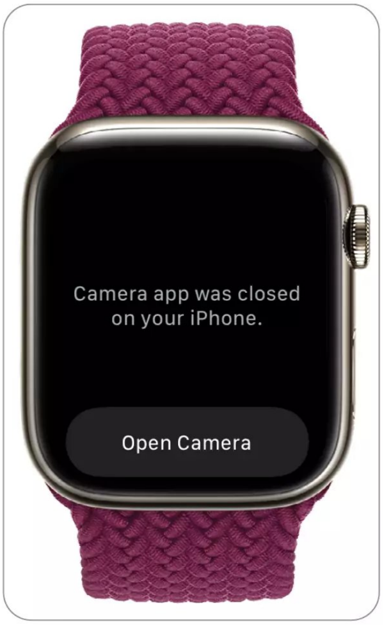

PRINT
Add to Shared Album
Create Watch Face
Save to Files
Send to Camera+ 2
Save to Dropbox
Save to Pinterest

Watch Camera Remote

Although your Apple Watch has no built-in camera of its own, you can use it to take photographs through your iPhone's cameras. Just open the Apple Watch Camera Remote app and you can use its built-in controls to snap whatever's shown on your iPhone's Camera app. Here's how to use this handy feature.

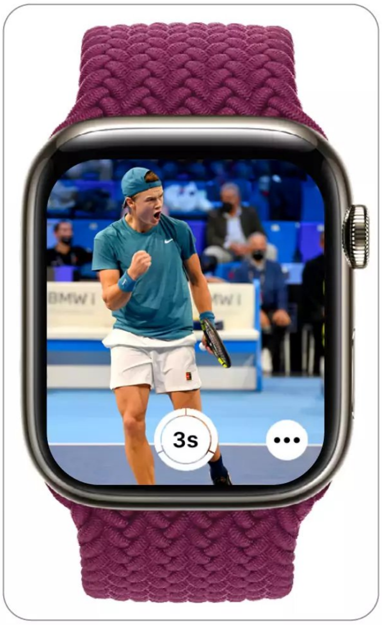
Take Photos with the Camera Remote App

The Camera Remote app on Apple Watch is the grey icon with a picture of a camera shown. It looks a lot like the Camera app icon on your iPhone, so you can't miss it. It's a very app useful, if a little basic.

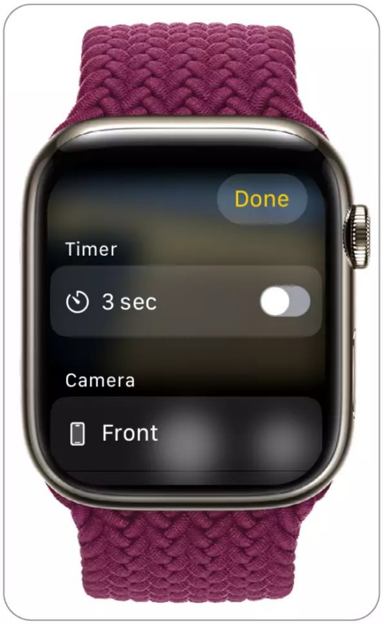


Camera app was closed on your iPhone.

1 First of all, open the Camera app on your iPhone and the Camera Remote app on your Apple Watch. If you open the watch app without first opening the iPhone application, you see the screen shown above – press the button marked 'Open Camera' to launch the iPhone app.



2 This is what you'll see when the Camera and Camera Remote apps are both open. Whatever is viewed through your iPhone's Camera app is shown on your watch screen. You can position the iPhone a distance away from the watch, as long as it's within Bluetooth range.



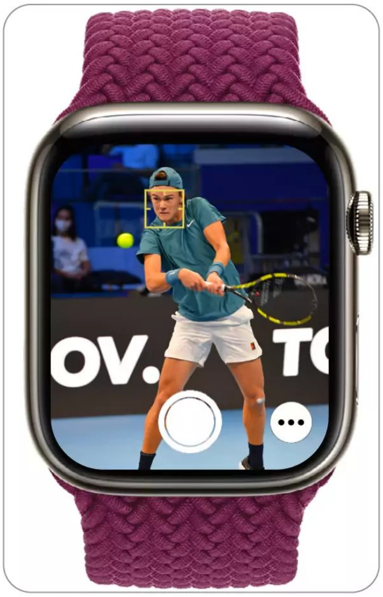
Timer

3 sec ○

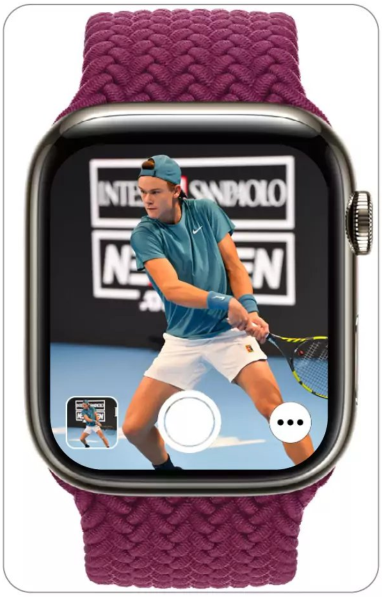
Camera

Front

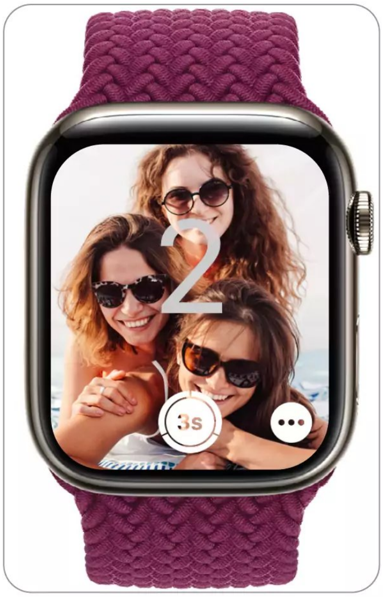
3 Tap the three-dots icon on the bottom-right of the watch screen to configure your iPhone camera options. These include the timer, which camera to use, the flash, Live photo settings and switching the HDR option on or off. Tap Done when you've finished.



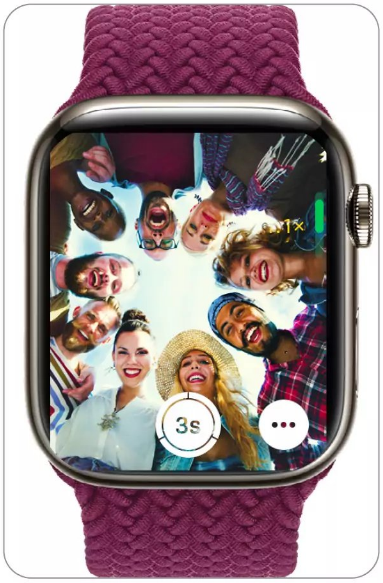
4 To set the focus on your picture tap the screen, just like you would when using the iPhone's Camera app. A yellow square shows where you're focused. If it's not where you wanted it, tap again to set a different focus point. This keeps the important things sharp.



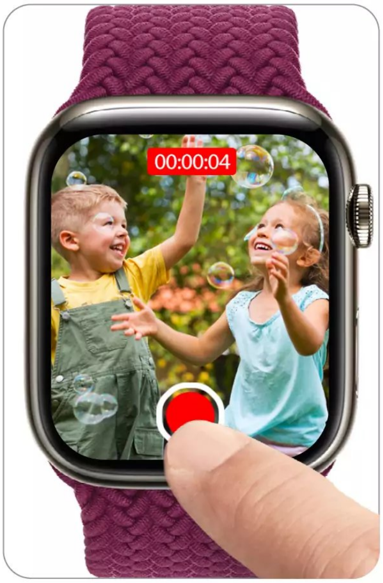
5 To take a photo, tap the big white button. A picture is taken, and shown as a thumbnail in the bottom-left corner. Tap this thumbnail to look at the pictures and swipe the screen to cycle through them. Tap Close (top-left), to go back to the Camera Remote.



6 If you want to use the timer, tap the three-dots icon and switch it on. The white button now shows '3s'. Tap it and after a three second countdown, a burst of pics are taken, giving you a choice of snaps. If you're taking a selfie, the timer gives you a chance to move.



7 While setting up a shot on the Camera Remote on your Apple Watch, you can use the Digital Crown to zoom in and out. A line appears at the side of the screen to show you how much you're zoomed. After setting the zoom, tap the white button to take the photo.



8 You can also use the Camera Remote button to take videos using your Apple Watch. Instead of tapping the white button, tap and hold it instead and it turns into a video button and movie footage is captured. To stop recording the video, release the button.

Spycam

If you need to keep an eye on something, you can use your iPhone and Apple Watch as a spycam. Place the phone where you need it, and open Camera Remote on your watch. As long as you're in Bluetooth range, you can view and photograph what's going on from your watch.

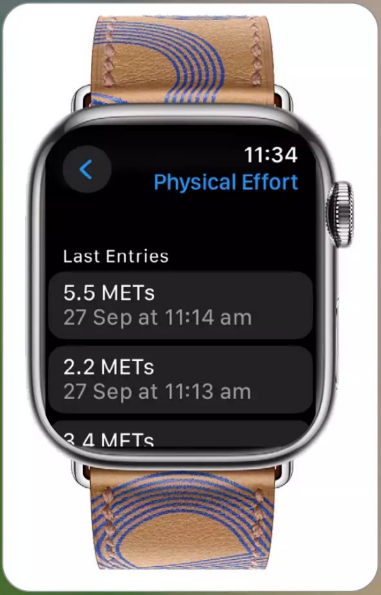
Health and Wellbeing

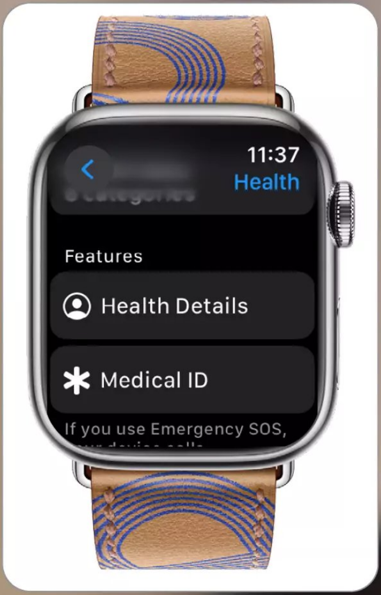
The Apple Watch is great for monitoring your health and looking after your general wellbeing. You can check your heart rate, make sure ambient noise levels aren't damaging your hearing, guard against nasty falls and more. Here we round up the watch's best health and wellbeing features.

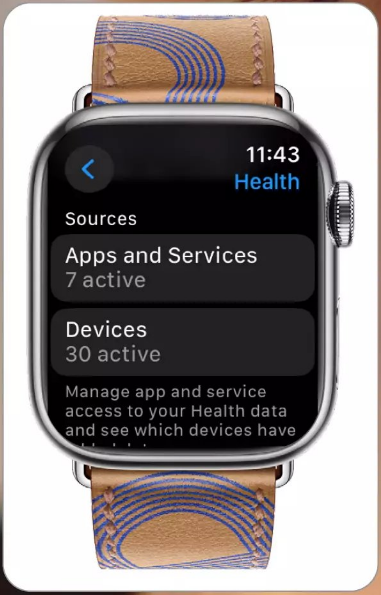
Cancel
POWER OFF
MEDICAL ID
SOS
EMERGENCY SOS

Health Settings

The Apple Watch doesn't have a Health app, but it does have a Settings page which you can use to check up on your health data, and edit your Medical ID. Here's how to explore the watchOS health settings.


11:34
Physical Effort
Last Entries
5.5 METs
27 Sep at 11:14 am
2.2 METs
27 Sep at 11:13 am
3.4 METs


11:37
Health
Features
Health Details
Medical ID
If you use Emergency SOS,


11:43
Health
Sources
Apps and Services
7 active
Devices
30 active
Manage app and service access to your Health data and see which devices have

1 In the Settings app, open the Health option. Under Health Data, there's a range of categories such as Activity, Hearing and Heart. Tap one and you can review data such as headphone audio levels, how fast you climb the stairs and more.

2 Health Details collates information like your name, age, sex, blood type and more. Tap the Medical ID option for similar information, but also the chance to edit it. Scroll to the bottom of the screen and tap the Edit Medical ID button.

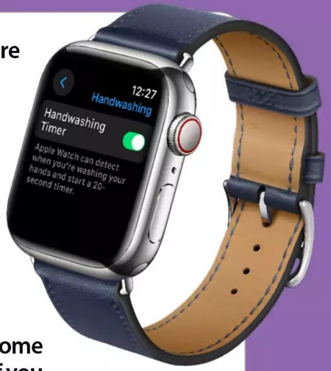
3 At the foot of the Health settings are sources of data. These include health-related apps which you've installed and linked with your iPhone's Health app, and devices you've paired with your iPhone which record health information.

In Emergencies

Press and hold the Side Button for three emergency options. Swipe the Emergency SOS slider (or continue to hold the Side Button) to call the emergency services. If your watch doesn't have cellular services, your iPhone must be nearby. After the call, the watch sends your emergency contacts your location. Swipe the Medical ID slider to see your medical information. Compass Backtrack uses the Compass app to take you to the last location from where you could call the emergency services. All these features work even if your watch is locked.

Cancel
Medical ID
Compass Backtrack
Emergency Call
SOS

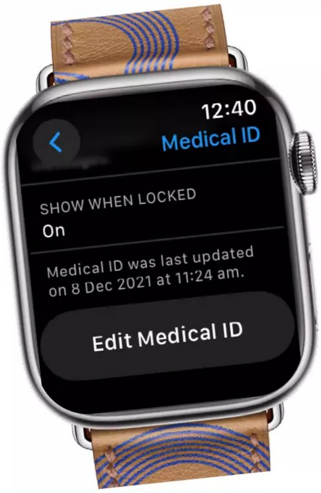
Handwashing

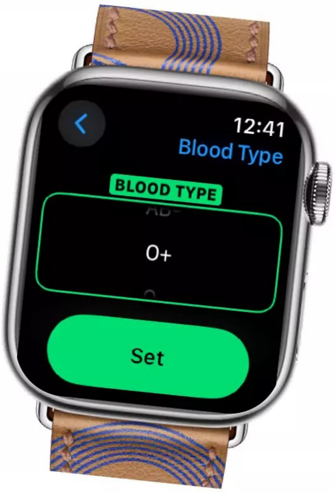

12:27
Handwashing
Handwashing Timer
Apple Watch can detect when you're washing your hands and start a 20-second timer.

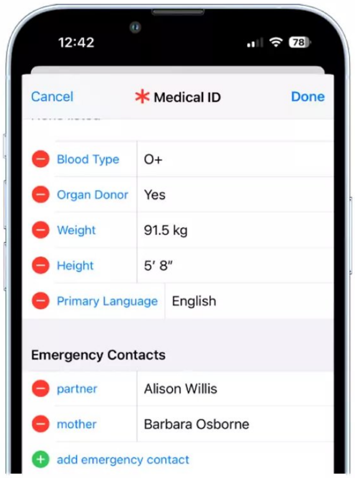
Apple Watch has a Handwashing feature that helps you make sure you've washed for long enough. Open the Settings app and scroll down to the Handwashing option. Turn on the Handwashing timer and when the watch detects that your washing your hands, it starts a 20-second timer. Further down this page is another switch labelled Handwashing Reminders. If you turn this on, your watch detects when you've returned home and reminds you to wash your hands if you haven't done so within a minute or two of arriving.

Editing Your Medical ID

It's a good idea to add as much information as possible to your Medical ID. In the event of an accident, the emergency services could find this data invaluable. You can do this on your iPhone or Apple Watch.


12:40
Medical ID
SHOW WHEN LOCKED
On
Medical ID was last updated on 8 Dec 2021 at 11:24 am.
Edit Medical ID


12:41
Blood Type
BLOOD TYPE
O+
Set


12:42
Cancel
Medical ID
Done

Blood Type	O+
Organ Donor	Yes
Weight	91.5 kg
Height	5′ 8″
Primary Language	English

Emergency Contacts

partner	Alison Willis
mother	Barbara Osborne

add emergency contact

1 To edit your Medical ID on your Apple Watch, open the Settings app, tap the Health option and then tap Medical ID. Scroll all the way to the bottom of the page, and tap the Edit Medical ID button found there.

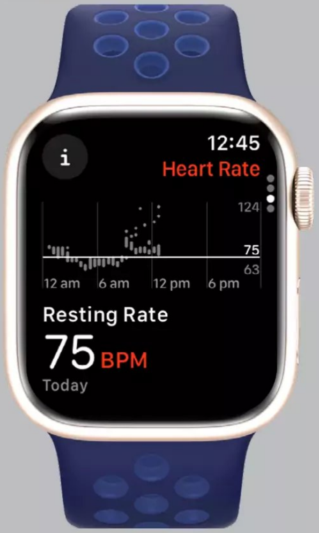
2 Tap an option in your Medical ID, and then you can edit it. Tap Add Emergency Contact and you can add someone from your Contacts app. Scroll up and down with the Digital Crown, then tap a contact to add them.

3 On your iPhone, open the Health app and tap your icon in the top-right corner. On the next page, tap Medical ID and then Edit, top-right corner. You can then add information, including Emergency Contacts.

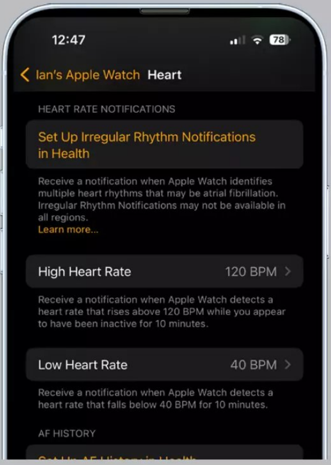
Check Your Heart

There's a trio of health apps on your Apple Watch that let you keep a check on your heart and blood: Heart Rate, ECG and Blood O_2. Here we show you how to how to access and use these useful applications.

Heart Rate



1 Open the Heart Rate app, and wait until it measures your heart rate. You're shown your current, resting and walking heart rate. Tap the 'i' icon to see more details on these measurements, taken over time.



HEART RATE NOTIFICATIONS

Set Up Irregular Rhythm Notifications in Health

Receive a notification when Apple Watch identifies multiple heart rhythms that may be atrial fibrillation. Irregular Rhythm Notifications may not be available in all regions.
Learn more...

High Heart Rate 120 BPM

Receive a notification when Apple Watch detects a heart rate that rises above 120 BPM while you appear to have been inactive for 10 minutes.

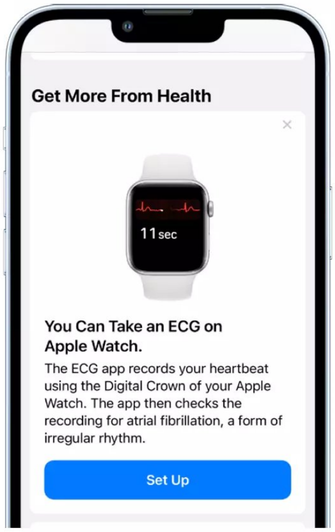
Low Heart Rate 40 BPM

Receive a notification when Apple Watch detects a heart rate that falls below 40 BPM for 10 minutes.

AF HISTORY

2 On your iPhone, open Apple Watch > My Watch > Heart. Under Heart Rate Notifications, you can set a high and low heart rate and have the app send you an alert if these figures are exceeded for ten minutes.

ECG

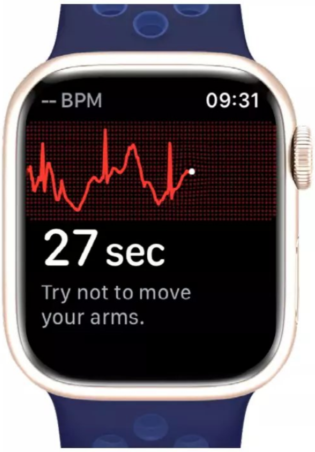


Get More From Health

You Can Take an ECG on Apple Watch.

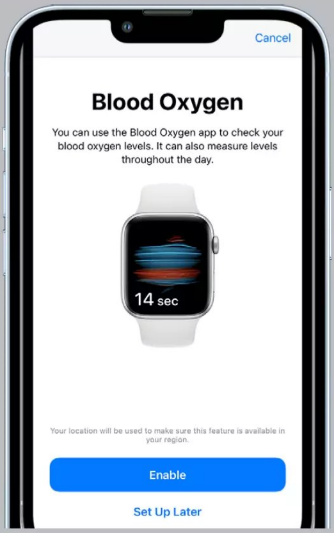
The ECG app records your heartbeat using the Digital Crown of your Apple Watch. The app then checks the recording for atrial fibrillation, a form of irregular rhythm.

1 You can take an electrocardiogram (ECG) on your Apple Watch. First open Health on your iPhone, and under the Summary tab, scroll down to the section on ECGs. Tap Set Up, and follow the on-screen instructions.



2 When set-up is complete, open the ECG app on your watch, and hold your finger on the Digital Crown for 30 seconds without pressing it. Your ECG is recorded, and its results are available on your watch and iPhone.

Blood O_2



Blood Oxygen

You can use the Blood Oxygen app to check your blood oxygen levels. It can also measure levels throughout the day.

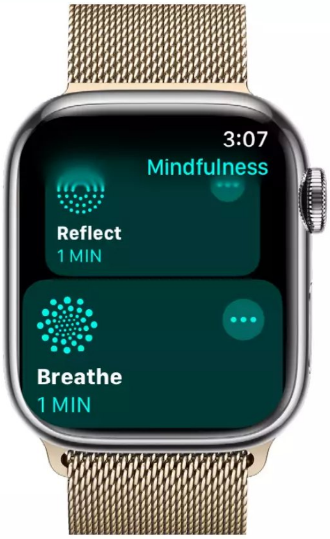
Your location will be used to make sure this feature is available in your region.

1 Apple Watch Series 6 and 7 can measure blood oxygen levels. On your iPhone, go to Health > Browse tab > Respiratory > Blood Oxygen, and tap Enable. Follow the on-screen instructions to set it up.

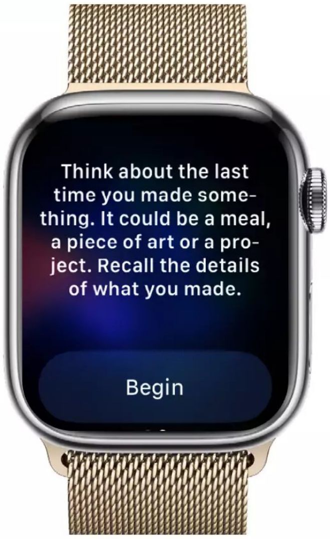
2 On your watch, open the Blood O_2 app and tap Start. Keep your wrist straight while the timer counts down from 15 seconds. You're then given your blood oxygen rating. You can review your readings in the iPhone's Health app.

Mindfulness

The Mindfulness app gives you the chance to 'focus, connect and centre as you breathe'. Here's how to make the most of it.

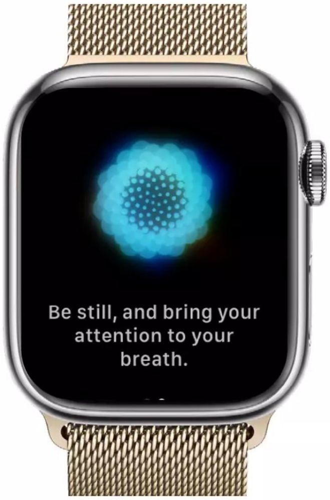


1 Open the app and you're offered three options; State of Mind, Reflect and Breathe. Tap the three-dots icon next to Reflect or Breathe to read tips on using the feature. Tap Duration at the top of these tips to change how long it takes.



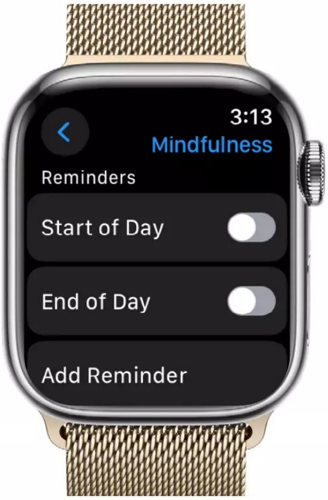
Think about the last time you made something. It could be a meal, a piece of art or a project. Recall the details of what you made.

2 Choose the Reflect option, and it gives you something to think about before showing a beautiful pattern on the screen. If you want to end the session before the set duration is met, swipe right and tap End.



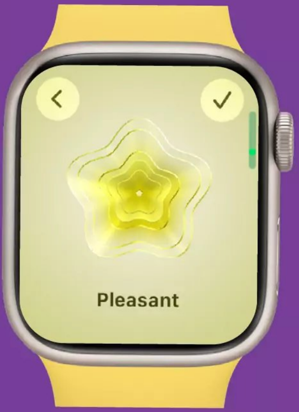
Be still, and bring your attention to your breath.

3 Choose the Breathe option and focus your breathing in time with the pattern on the screen as it grows and shrinks. Again, swipe right and tap End to finish early. If you use the Breathe watch face, tap it to start a session.



4 Go to Settings > Mindfulness to set up reminders, get a notification of your weekly summary, mute these reminders for a day and more. With Apple Fitness+, you can listen to guided Meditations on Apple Watch.

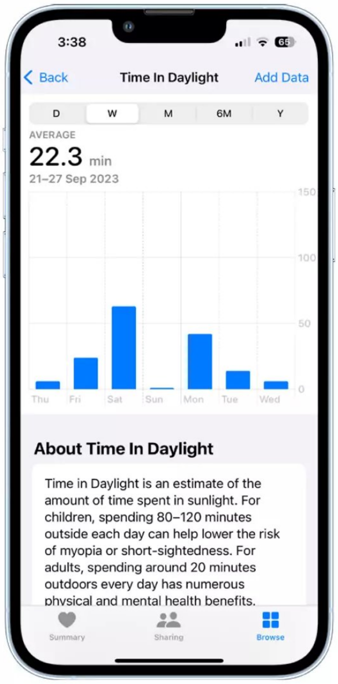
State of Mind



Introduced with watchOS 10, the State of Mind feature lets you log your moods. Choose whether to add a feeling for today or right now, then scroll through the emotions with the Digital Crown. Tap the tick to record your current mood.

Vision Health

Looking after your eyesight is very important, especially for the young. The International Myopia Institute recommends children spend at least 80-120 minutes outside during daylight hours. You can use the Apple Watch's ambient light sensor to record time spent outside, and review the information on an iPhone or iPad. In the iPhone's Health app, go to Browse > Mental Wellbeing > Time in Daylight to see how much time you're spending in daylight. If you find yourself outside during the day without your Apple Watch, you can tap Add Data (top right) and add the time spent outdoors manually.

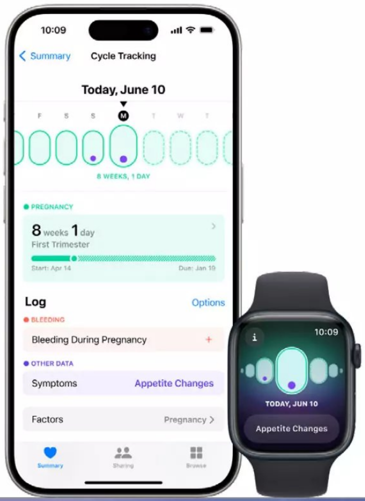

3:38
Back
Time In Daylight
Add Data
D
W
M
6M
Y
AVERAGE
22.3 min
21–27 Sep 2023
150
100
50
0
Thu
Fri
Sat
Sun
Mon
Tue
Wed
Summary
Sharing
Browse

About Time In Daylight

Time in Daylight is an estimate of the amount of time spent in sunlight. For children, spending 80–120 minutes outside each day can help lower the risk of myopia or short-sightedness. For adults, spending around 20 minutes outdoors every day has numerous physical and mental health benefits.

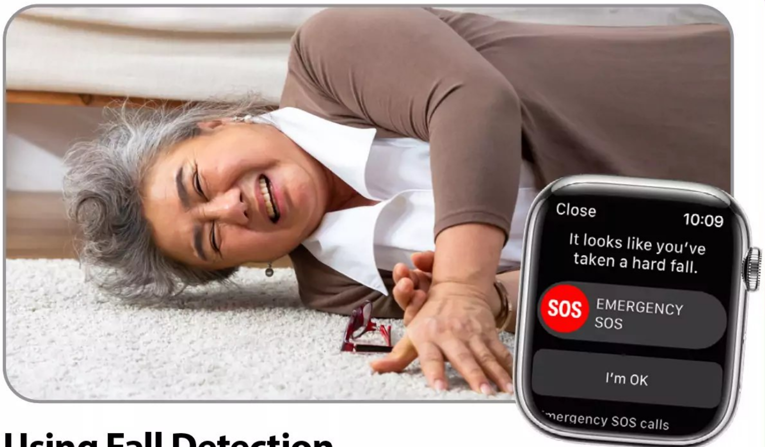
Cycle Tracking

The Cycle Tracking app lets you log details of your menstrual cycle, identifying on which days you menstruated, how heavy the flow and whether you suffered symptoms associated with menstrual and pre-menstrual conditions. After a few months it can predict the start of the next period and fertile windows. Open the app on your Apple Watch and follow the on-screen instructions to add data. Tap Options and you can turn individual options on and off, such as Period Predictions, Fertility Predictions, and Heart Rate Data. Starting with watchOS 11, information for pregnant people is improved, such as gestational age. You can log symptoms for things frequently experienced during pregnancy too.


10:09
Summary
Cycle Tracking
Today, June 10
F
S
S
M
T
W
T
8 WEEKS, 1 DAY
PREGNANCY
8 weeks 1 day
First Trimester
Start: Apr 14
Due: Jan 10
Log
Options
BLEEDING
Bleeding During Pregnancy
OTHER DATA
Symptoms
Appetite Changes
Factors
Pregnancy
Summary
Sharing
Browse
10:09
TODAY, JUN 10
Appetite Changes

3:4
TUE 26 SEP
Had Flow
3:41
Summary
PERIOD PREDICTION
Likely to start on
24 Oct 2023
FERTILE WINDOW
May start on
6 Oct 2023

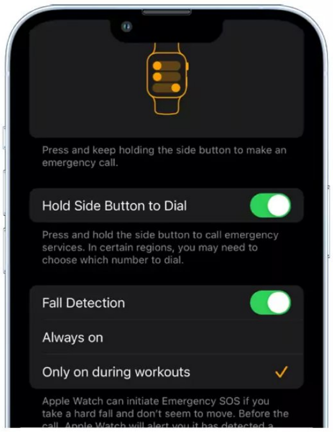
Fall Detection



Using Fall Detection

If you own an Apple Watch SE or Apple Watch Series 4 or later, it can detect if you've taken a nasty tumble. A haptic gives you a little buzz on the wrist, an alarm sounds and a message on the watch face asks if you want to call the emergency services. If you do, swipe the Emergency SOS switch. If not, tap the 'I'm OK' button. Should you remain immobile after a fall for around a minute, a 30-second countdown begins, during which it buzzes your wrist and an alert sounds, which increases in volume. Tap Cancel to stop the countdown. If you don't, your Apple Watch automatically calls the emergency services and messages your emergency contacts (from your Medical ID), with your location. Falls are recorded in your Health app on your iPhone, unless you tap the option saying you didn't fall after all (a false positive).

Turning Fall Detection On and Off



Press and keep holding the side button to make an emergency call.

Hold Side Button to Dial ●

Press and hold the side button to call emergency services. In certain regions, you may need to choose which number to dial.

Fall Detection ●

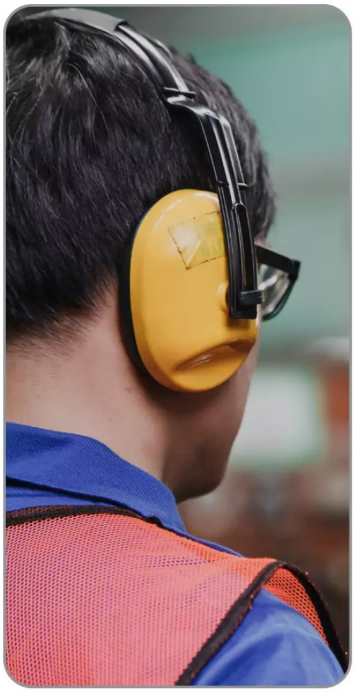
Always on

Only on during workouts ✓

Apple Watch can initiate Emergency SOS if you take a hard fall and don't seem to move. Before the

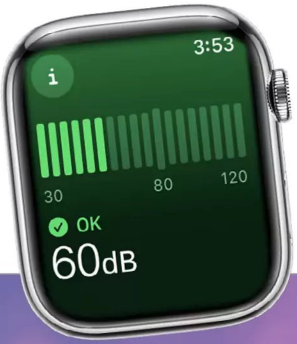
To turn off Fall Detection, on your iPhone, open the Watch app and tap the My Watch tab. Scroll down the page to the Emergency SOS section and tap it. Tap the Fall Detection switch to turn it on and off, and with it on, decide whether it should always be on or only during workouts.

Too Loud?



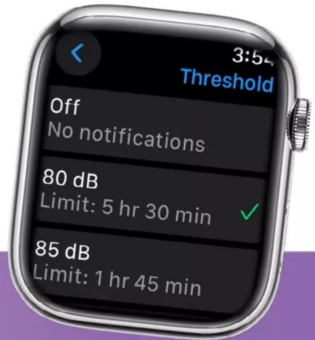
The Noise App

If you're worried your environment is too noisy and it might damage your hearing, open the Noise app on your Apple Watch. The first time you do it, the environmental sound measurements are off; tap the Open Settings button and then the Environmental Sound Measurements option. On the next screen, tap the switch marked Measure Sounds to turn on the service. With the Environmental Sound Measurements option on, when you open the Noise App it shows you how loud the ambient sounds are in your current whereabouts, and whether this should be a matter for concern. Scroll up and tap Learn More, for information on decibel levels and their potential for damaging your hearing.



Threshold Notifications

You can have the Apple Watch give you notifications if environmental noise reaches a certain level. Open the Settings app and tap the Noise option. You can turn off the feature again by tapping Environmental Sound Measurements and tapping the Measure Sounds switch. Alternatively, if you tap the Noise Notifications option, you can set how loud the sound has to be before you get a notification. Choose from turning notifications off altogether, or have them set at a noise level between 80 and 100 decibels. On this screen, you're also shown how long you can safely spend in an environment where the sound reaches these levels.



3:54
Threshold

Off
No notifications

80 dB
Limit: 5 hr 30 min ✓

85 dB
Limit: 1 hr 45 min

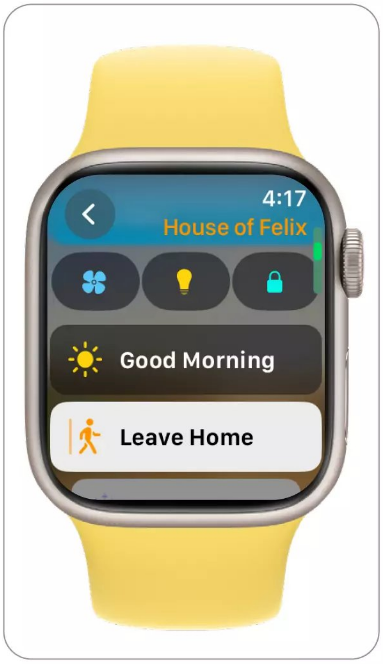
Controlling Home Gadgets

On your iPhone, the Home app can help you control your various HomeKit-compatible smart home gadgets, such as cameras, lights, locks, thermostats and more. The Home app has an Apple Watch app too, so you can control these things directly from your wrist, as soon as you've set up your home on your iPhone.

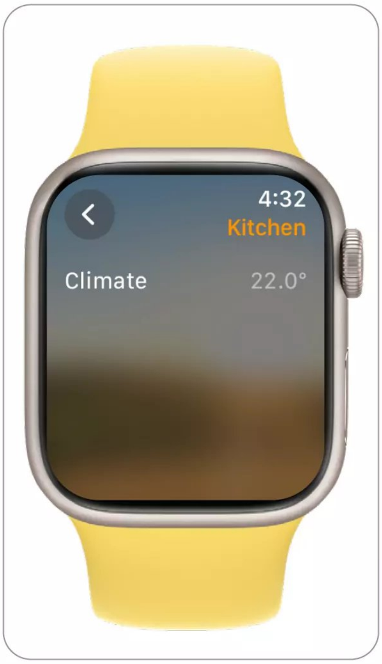
4:44
Scenes
Good Morning
Leave Home
Approach Loft

Gleaning Information

The Home app gives quick and easy access to your HomeKit devices. It also learns from what you do and brings the most-used devices to the fore.

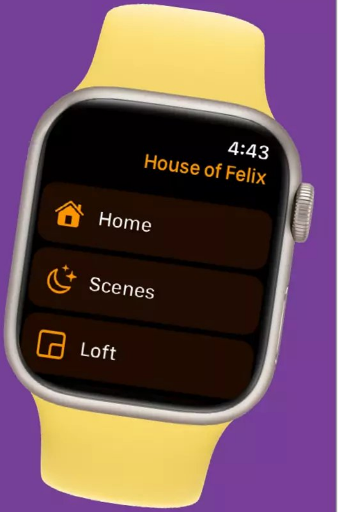

4:17
House of Felix
Good Morning
Leave Home

1 The buttons on the Home app's front page are categories of Home gadgets. In this case they're Climate, Lights and Cameras. Tap one for a list of gadgets in that particular category you've set up.


4:32
Kitchen
Climate
22.0°

2 Tap the Climate button and any HomeKit-enabled sensors you have installed give you information such as temperature, humidity and more. What info is given depends on the sensor in question.

Rooms & Categories

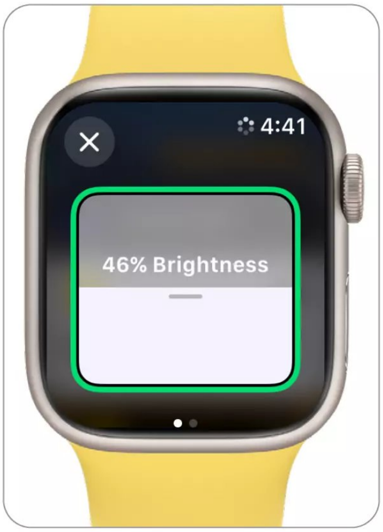

4:43
House of Felix
Home
Scenes
Loft

Open the Home app and scroll up, past your home page gadgets. You'll see categories such as Cameras and Favourites, and designated rooms such as Kitchen and Living Room. Tap these to see all the HomeKit devices that fall into these categories; whether they're presented at the top of your list or not.

Using HomeKit Devices

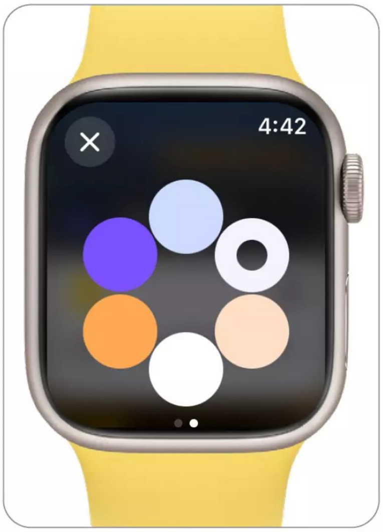
How you use the Home app on your Apple Watch greatly depends on what individual devices you have set up. Here's a short guide to some individual appliances and how they work.

Lights – Brightness



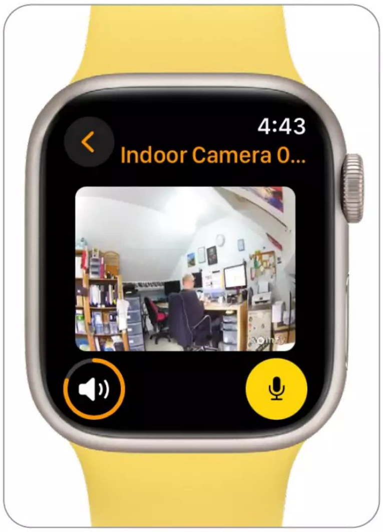
Tap the light in the Home app to turn it on and off. To change the brightness on a HomeKit smart light, tap the three-dots icon and scroll the Digital Crown.

Lights – Colour



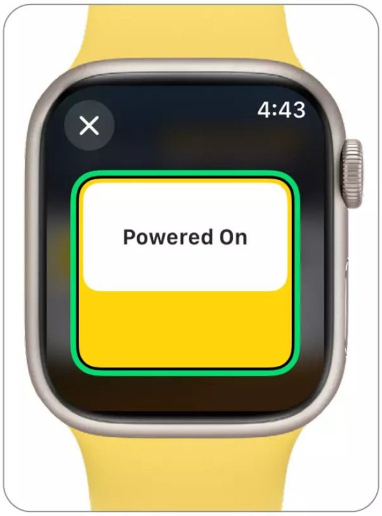
If the lights in question can change colour, tap the three-dots icon, swipe the screen left and then tap the colour you wish to use. Colours may vary.

Cameras



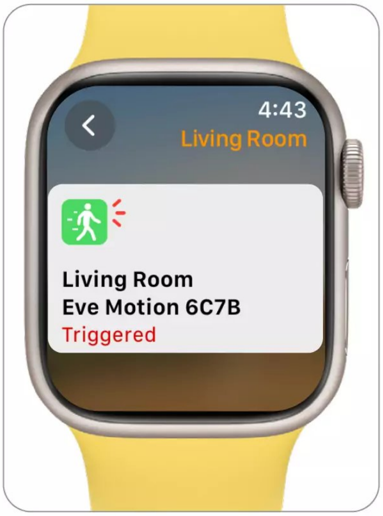
With a HomeKit camera, your Home app might (depending on the camera), let you zoom in and out or change the volume with the Digital Crown.

Smart Plug



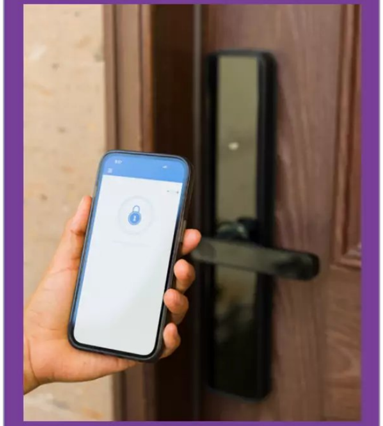
You can control a smart plug from your watch by tapping it on the Home app's opening screen, or tapping the three-dots icon and using the Digital Crown.

Motion Sensor



Registering a motion sensor with your Home app gives you an alert when motion is detected. Just the thing for keeping an eye on the house when you're away.

Home Keys

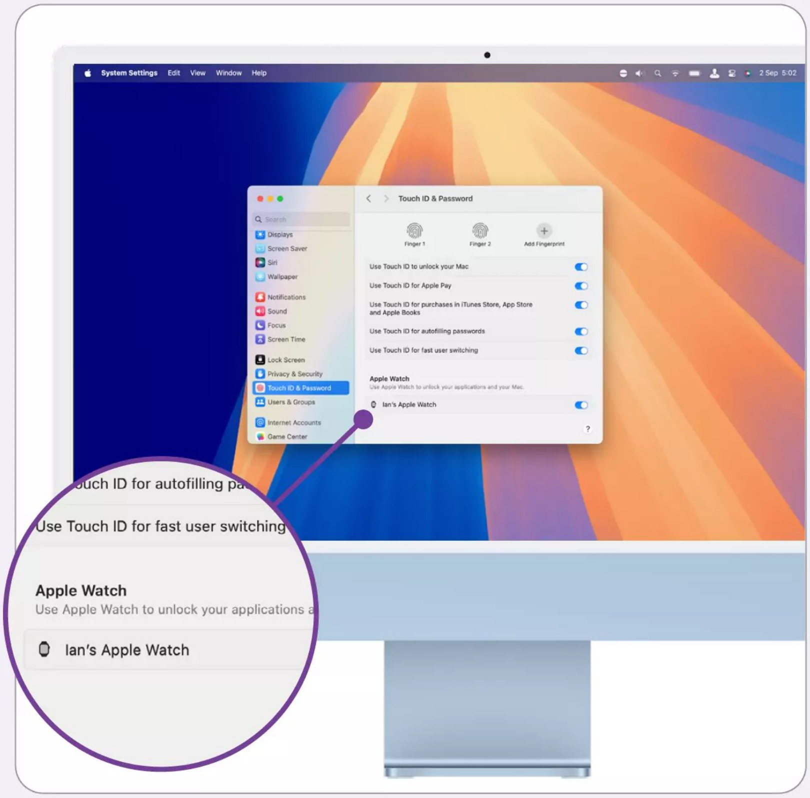


A feature introduced with watchOS 11, Home Keys lets you unlock your door with your Apple Watch as you approach it. You don't need to wave your watch at the lock. This feature requires a smart lock that supports Ultra Wideband Technology.

Unlock Your Mac with Watch

If your Mac is recent enough, it's possible to unlock it using your Apple Watch. If your Mac has gone to sleep, it senses when you – and your watch – are nearby and automatically awakens. You can also use your watch rather than typing your administrator password. You still need your password after restarting your Mac, though.

Ian's MacBook Air
Unlocked by this
Apple Watch


System Settings
Edit
View
Window
Help
2 Sep 5:02
Search
Displays
Screen Saver
Siri
Wallpaper
Notifications
Sound
Focus
Screen Time
Lock Screen
Privacy & Security
Touch ID & Password
Users & Groups
Internet Accounts
Game Center
Finger 1
Finger 2
Add Fingerprint
?

Touch ID & Password

Use Touch ID to unlock your Mac ●

Use Touch ID for Apple Pay ●

Use Touch ID for purchases in iTunes Store, App Store and Apple Books ●

Use Touch ID for autofilling passwords ●

Use Touch ID for fast user switching ●

Apple Watch

Use Apple Watch to unlock your applications and your Mac.

Ian's Apple Watch ●

iMac (24-inch,
M1, 2021)
Unlocked by this
Apple Watch

1 To unlock your Mac with your watch you can use any model of Apple Watch, as long as it's running watchOS 3 or later. Your Mac must be running macOS Sierra or later, and be reasonably new. On your Mac, open System Preferences > Touch ID & Password.

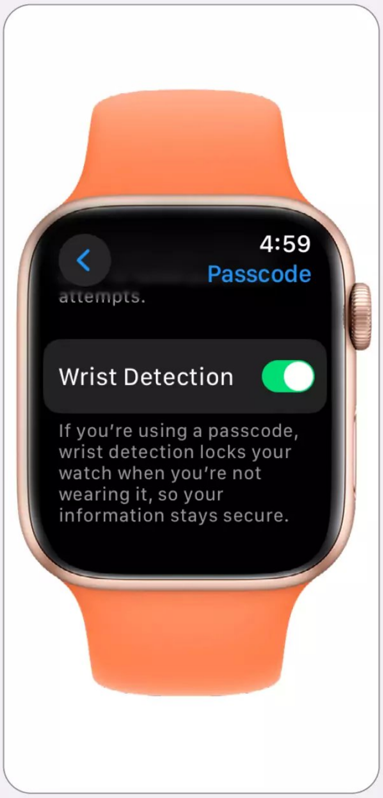
2 Under the heading 'Apple Watch', click the switch next to your current Apple Watch. If it isn't there, your Mac's too old for this feature. Your iPhone and Apple Watch must be nearby and unlocked. Enter your Mac's password when asked, and wait until the feature is switched on.

3 From now on, when your Mac is asleep and you approach it with your Apple Watch unlocked and on your wrist, it wakes up. Your watch vibrates and you get a message. To turn this feature off, go back to System Preferences > Security & Privacy > General and uncheck the box.

Unlock Your iPhone with Watch

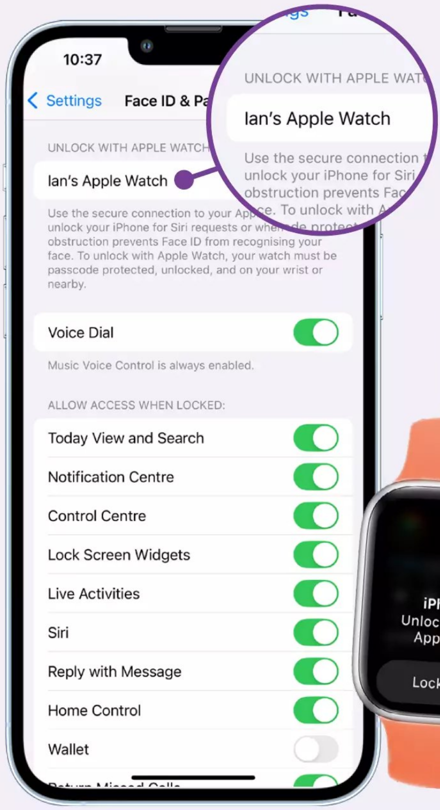
Face ID is a great iPhone feature, but if your face is covered, maybe by a covid mask, it simply won't work. That's where unlocking your iPhone with your Apple Watch comes in. You'll need an Apple Watch Series 3 or later, running watchOS 7.4 or later, paired with an iPhone with Face ID (iPhone X or later), running iOS 14.5 or later.

iPhone (2)
Unlocked by this Apple Watch
Lock iPhone


4:59
Passcode
attempts.

Wrist Detection ●

If you're using a passcode, wrist detection locks your watch when you're not wearing it, so your information stays secure.


10:37
Settings
Face ID & Pa

UNLOCK WITH APPLE WATCH

Ian's Apple Watch

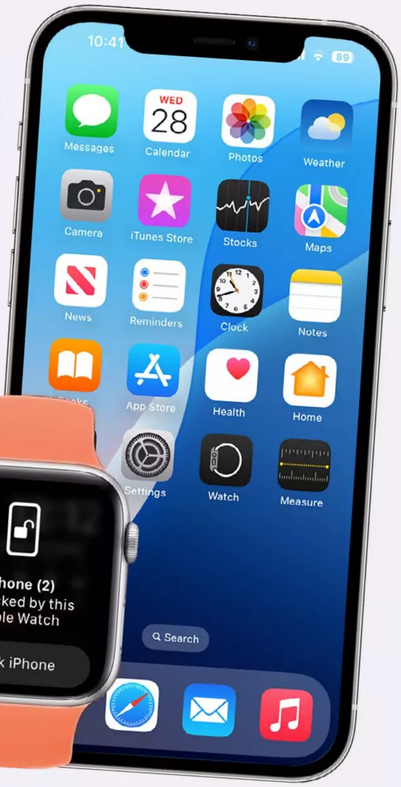
Use the secure connection to your Apple Watch to unlock your iPhone for Siri requests or when an obstruction prevents Face ID from recognising your face. To unlock with Apple Watch, your watch must be passcode protected, unlocked, and on your wrist or nearby.

Voice Dial ●

Music Voice Control is always enabled.

ALLOW ACCESS WHEN LOCKED:

- Today View and Search ●
- Notification Centre ●
- Control Centre ●
- Lock Screen Widgets ●
- Live Activities ●
- Siri ●
- Reply with Message ●
- Home Control ●
- Wallet ○


10:41
WED 28
Messages
Calendar
Photos
Weather
Camera
iTunes Store
Stocks
Maps
News
Reminders
Clock
Notes
App Store
Health
Home
Settings
Watch
Measure
Search
iPhone (2)
Unlocked by this Apple Watch
Lock iPhone

1 For this function to work, both your Apple Watch and your iPhone must have Wi-Fi and Bluetooth turned on, though you don't need to be connected to a network. Your Apple Watch must be on your wrist and unlocked, and it must have Settings > Passcode > Wrist Detection turned on.

2 To set up Unlock Your iPhone with Apple Watch on your iPhone, open the Settings app and then tap Face ID and Passcode. Type your passcode, and then turn on Unlock with Apple Watch. If you're asked to turn on Wrist Detection, do so now on your Apple Watch.

3 With the feature switched on, even when your face is covered, you can unlock your iPhone by simply raising it or tapping its screen. You get a haptic feedback from your watch, and a message on the screen. When the lock springs open, you can swipe the screen up on your iPhone to start using it.

PCalc
15:24
85
C
7 %
8 ×
9 +
4 ±
5 ÷
6 −
1 M+
2 M−
3 MR
0
.
=

Third-Party Apps on Watch

There are some great third party apps on the app store, most of which are Apple Watch components for iPhone apps. Download and install some of them and you can really stretch what your Apple Watch can do. In this section, we take a look at some of the best, whether they're practical utilities, helpful for information or just a bit of fun.

Learn more >

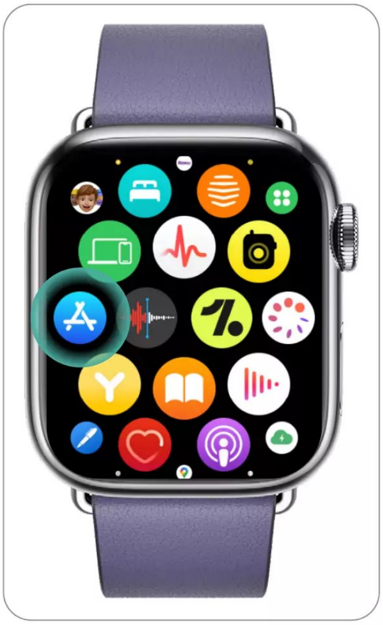
Download and Install Watch Apps

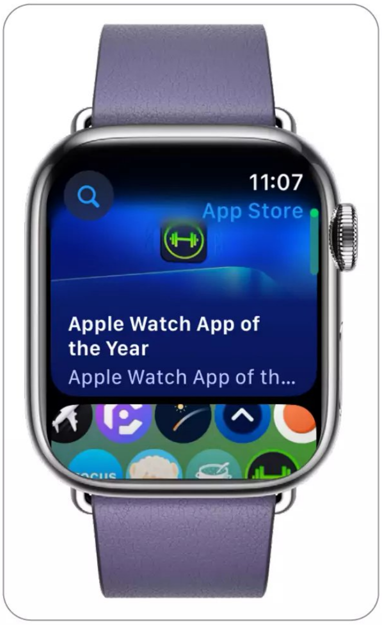
You can get all sorts of third-party apps for your Apple Watch; you're definitely not limited to the ones that are bundled with watchOS and available to you as soon as you start using your Apple Watch. Here we show you how to choose and download an app from your watch, and also from your iPhone.

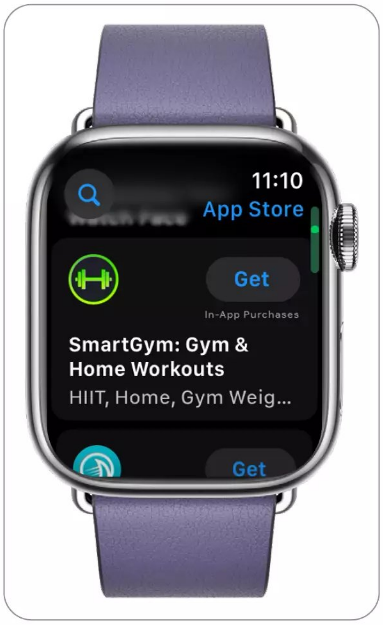
11:20
App Store
Apple Watch
Starter Kit

On Your Watch

You can download and install apps directly from your Apple Watch, using the watchOS App Store. There's an app for almost everything, such as watching the night sky, staying hydrated, watching the weather and more.



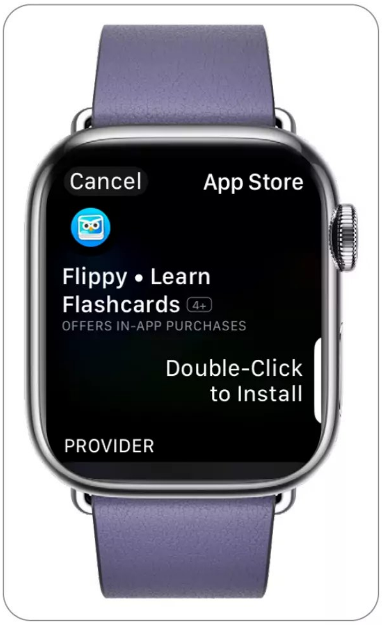

11:07
App Store
Apple Watch App of the Year
Apple Watch App of th...


11:10
App Store
Get
In-App Purchases
SmartGym: Gym & Home Workouts
HIIT, Home, Gym Weig...
Get

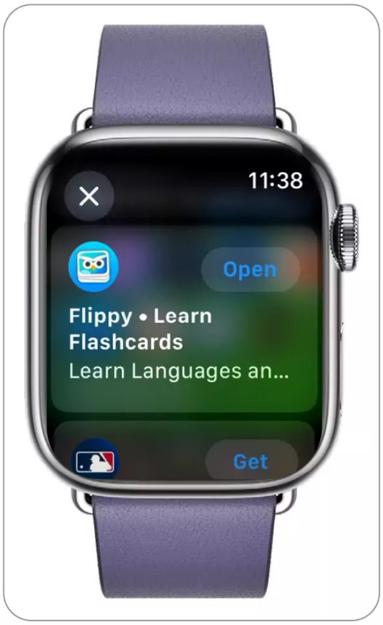
1 First of all, on your Apple Watch, Press the Digital Crown for your app picker and then look for the App Store app; it's the same white 'A' on a blue background as the iPhone's App Store. When you've found it, tap the icon to open the App Store on your watch.

2 At the top-left corner of the App Store page is a search icon. Tap it to look for an app, or for a keyword like 'sports' or 'weather'. Alternatively, scroll up and down with the Digital Crown and look at what's on offer. Tap a round-up banner to see a group of apps chosen by Apple.

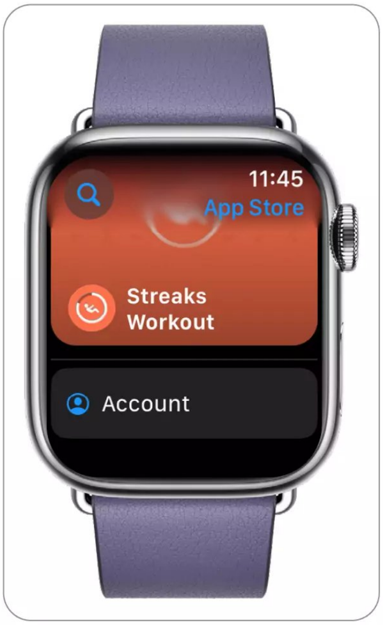
3 Just like on the iPhone, if an app has a button marked 'Get', it can be downloaded and used for free (though there may be in-app purchases for some features). If it has a price, it's paid for. If it has a cloud logo, you've downloaded it before, and don't have to pay again.


Cancel
App Store
Flippy • Learn Flashcards 4+
OFFERS IN-APP PURCHASES
Double-Click to Install
PROVIDER

4 When you've clicked an app's download button ('Get', a price or a cloud), you're told to double-click the Side Button to install it. Do so, then enter your passcode and Apple ID if asked. The app then downloads and installs on your Apple Watch.


11:38
Open
Flippy • Learn Flashcards
Learn Languages an...
Get

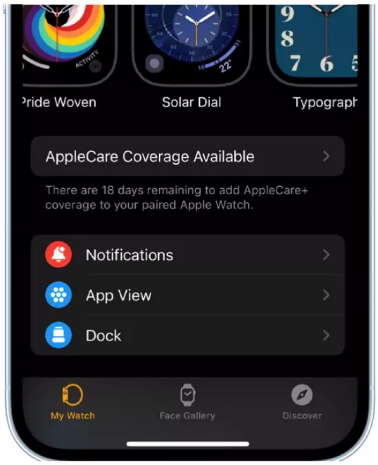
5 When your app has installed on your Apple Watch, its download button on the App Store is now marked 'Open'. Tap it to launch the app, or alternatively, press in the Digital Crown to go to the App Launcher, and tap its icon from there as usual.


11:45
App Store
Streaks Workout
Account

6 Open the Apple Watch App Store and scroll all the way to the bottom for a button marked, 'Account'. Tap it to give access to pages showing apps you've purchased, subscriptions associated with your account and updates that are available.

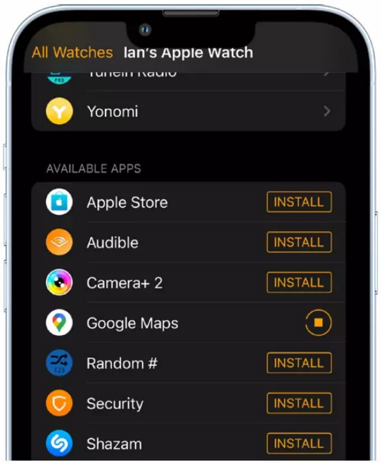
On Your iPhone

You can also use your iPhone to install Watch apps associated with apps you have on your phone, or have them install automatically when you download an iPhone app with a companion app for your Apple Watch.

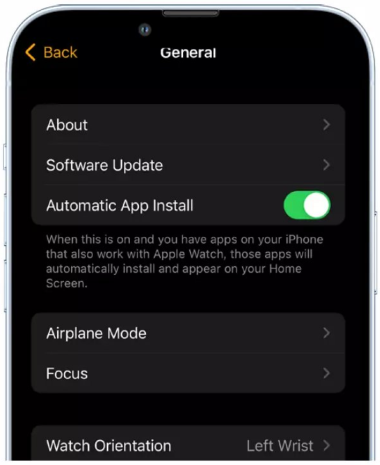

Pride Woven
Solar Dial
Typograph
AppleCare Coverage Available
Notifications
App View
Dock
My Watch
Face Gallery
Discover

There are 18 days remaining to add AppleCare+ coverage to your paired Apple Watch.

1 If you have apps on your iPhone that have a companion app on your Apple Watch, but haven't downloaded and installed the watch version, open your iPhone's Watch app and tap My Watch at the foot of the screen.


All Watches
Ian's Apple Watch
TuneIn Radio
Yonomi
AVAILABLE APPS
Apple Store INSTALL
Audible INSTALL
Camera+ 2 INSTALL
Google Maps
Random # INSTALL
Security INSTALL
Shazam INSTALL

2 On this screen, scroll all the way down to the bottom. Here you'll see a list of apps on your Phone that you can also use on your watch. Tap the Install button next to one to download and install it on your Apple Watch.


Back
General
About
Software Update
Airplane Mode
Focus

Automatic App Install ●

When this is on and you have apps on your iPhone that also work with Apple Watch, those apps will automatically install and appear on your Home Screen.

Watch Orientation Left Wrist

3 Go to Watch > My Watch > General. There's a switch marked Automatic App Install – it's on by default. With it on, watch companion apps are automatically installed on your Apple Watch when you install their iPhone apps.

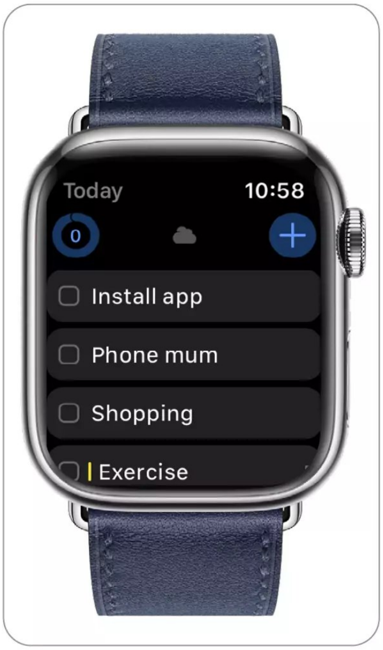
Things for Getting Stuff Done

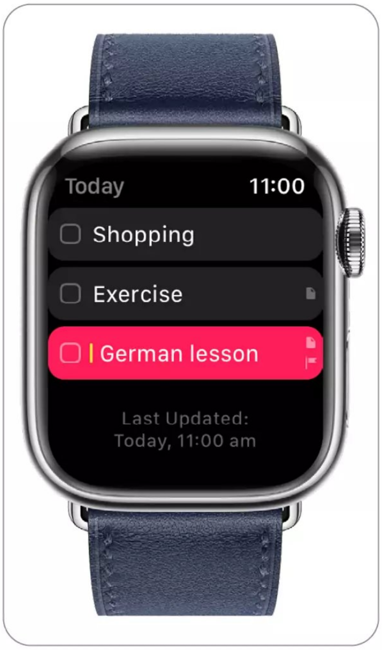
Things is one of the most respected GTD (getting things done), apps that's available for Apple gear. You can get it on the Mac, iPad, iPhone and Apple Watch. Install the iPhone app, and if it doesn't install on your watch automatically, go to the iPhone's Watch app and install it from the My Watch tab.

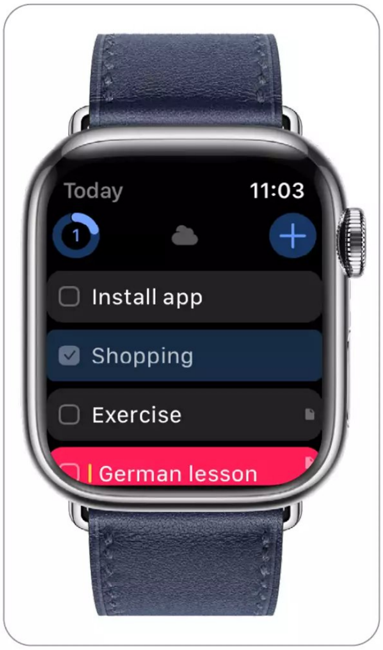
12:04
German lesson
With Duolingo
Wed, 27 Sep
1 day ago

Marking Things Done

The Things app on your Apple Watch shows what's currently listed in the Today section of your iPhone Things app. Tasks added on your iPhone (or other Apple devices, if you have them all synced), can be reviewed on your watch.


Today
10:58
0
Install app
Phone mum
Shopping
Exercise


Today
11:00
Shopping
Exercise
German lesson
Last Updated:
Today, 11:00 am

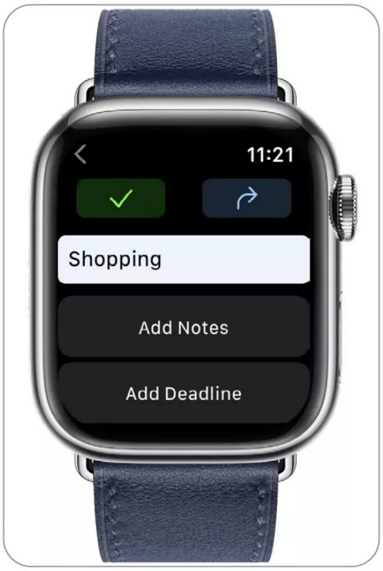

Today
11:03
1
Install app
Shopping
Exercise
German lesson

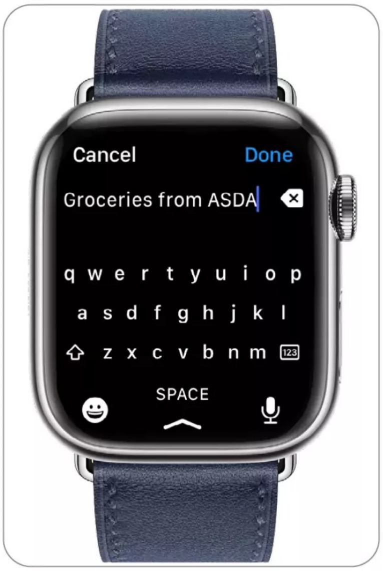
1 On your Apple Watch, launch the Things app. You'll see a list of currently open things entries, as found in the Today section of your iPhone's Things app. When a cloud is showing at the top of the screen, the app is syncing.

2 Scroll up and down the list using the Digital Crown. If a thing has a page icon on its right, this means it has notes associated with it. A thing that has a set time for completion is displayed on a red background.

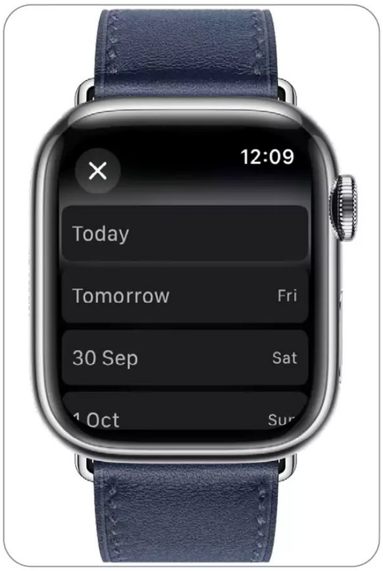
3 To mark a thing as done, tap the checkbox found to its left. The checkbox is ticked, and the thing disappears. The number in the top-left corner of the screen shows the number of things you've completed, that is, ticked in this way.

Adding and Editing Things


11:21
✓
Shopping
Add Notes
Add Deadline


Cancel
Done
q w e r t y u i o p
a s d f g h j k l
z x c v b n m
SPACE

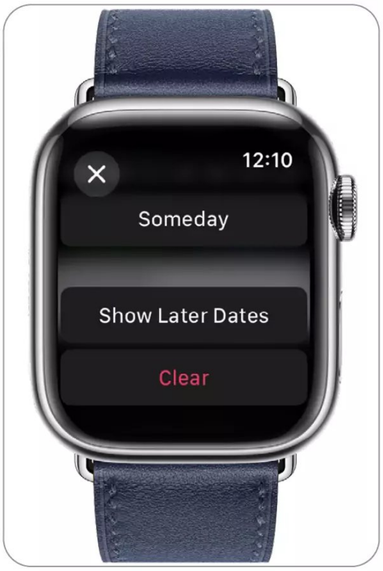
Groceries from ASDA

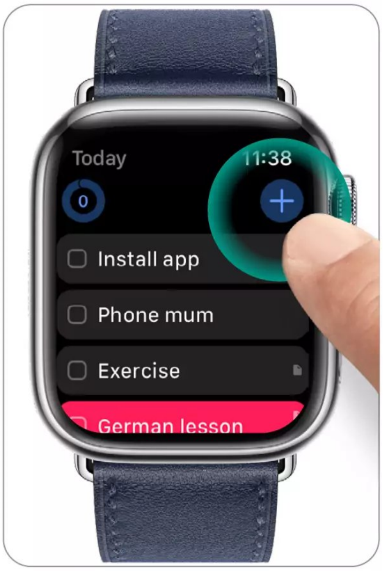

12:09
Today
Tomorrow
Fri
30 Sep
Sat
1 Oct
Sun

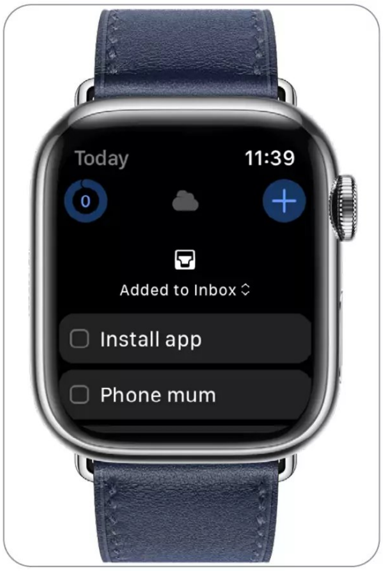
1 To open a thing, tap it anywhere other than the checkbox on its left. Tap the green tick in the top-left corner to mark it done. Tap the arrow in the top-right corner and you can postpone it by adding a to-do date in the future.

2 Tap the Add Notes or Append Notes button and you can add a note to your thing, or edit a note that's already been added. To do this, you can use the virtual keyboard, the mic icon to dictate it or swipe up for the Scribble feature.

3 The Add Deadline button gives the same options as the top-right arrow. Tap a date to move the thing to that day. Scroll up for dates farther into the future. Tap a 'week' button to expand it, so you can pick a specific date within that week.


12:10
Someday
Show Later Dates
Clear


Today
11:38
0
Install app
Phone mum
Exercise
German lesson


Today
11:39
0
Added to Inbox
Install app
Phone mum

4 The Show More button gives you dates further into the future, so you can postpone it for a long while. The Clear button (found only on the screen accessed with the blue arrow), cancels the to-do without marking it as done.

5 To add a new to-do to your Things app, tap the blue plus sign in the top-right corner of the first screen, the one listing your tasks. Again, you can use the virtual keyboard (if your watch is new enough), dictation or Scribble to title it.

6 The to-do is added to your Things Inbox, but if you tap the 'Added to Inbox' message before it disappears, it's moved to your Today section instead. You can also use Siri to add to-dos; press and hold the digital crown and speak it.

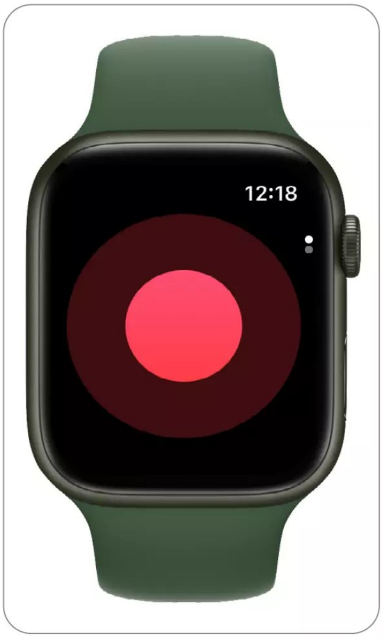
The Just Press Record App

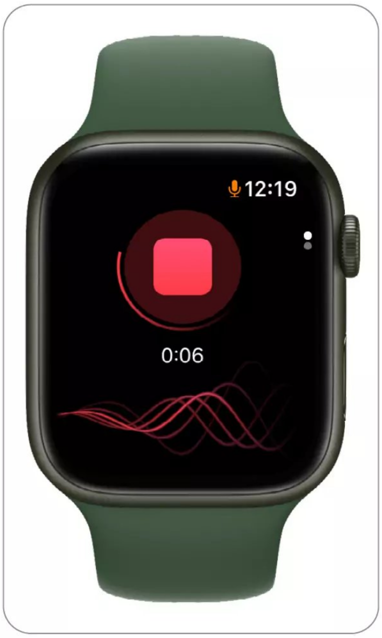
There are numerous reasons why you'd want to make a quick audio recording. Maybe there's been an accident and you want to record a conversation as evidence. Perhaps you want to record an announcement for later review. Or you might want to make a voice memo so you don't forget something. Just Press Record is ideal.

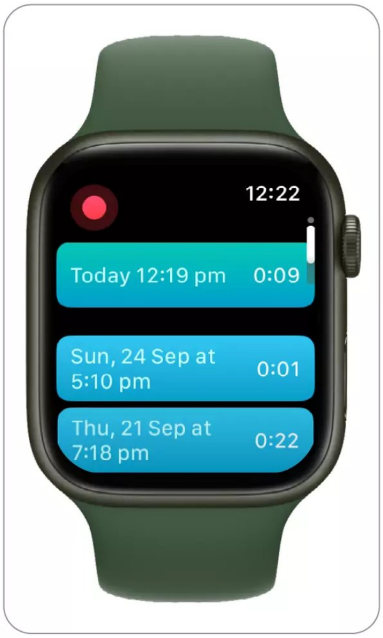
Recents
17:04
Today 17:00
8 seconds

Making Recordings

With Just Press Record, you don't have to reach into your pocket and get your iPhone to make a recording. Instead, you can start recording using your Apple Watch, which is much more convenient and discreet.



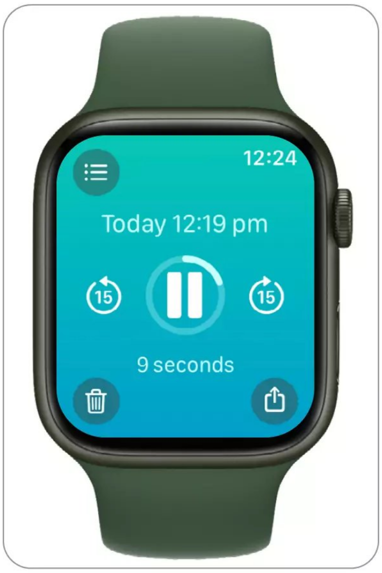


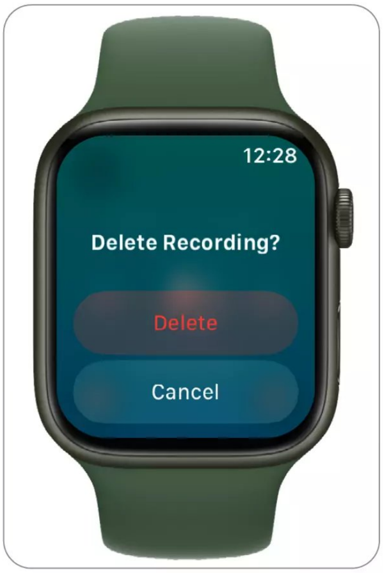


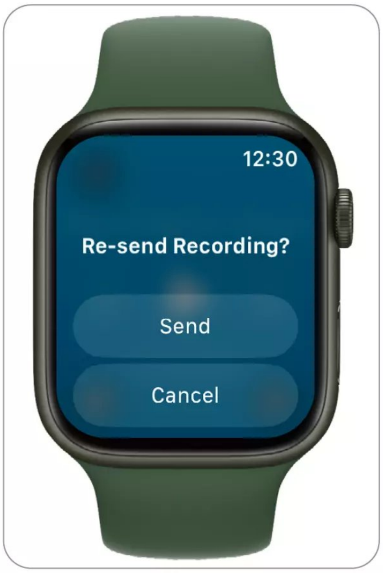
1 On your Apple Watch, launch the Just Press Record app. You'll see a big red circular button. This is the record button. Tap it to begin making an audio recording from your Apple Watch, which can be played back later.

2 While the recording is active, the circular button becomes a square with a red line orbiting it. A wave form at the bottom of the screen reacts to incoming audio, and the length of the recording is shown in the top-left corner.

3 Tap the red square to stop recording and return to the screen with the red circle button. Tap it to start a new recording, or swipe up to get to this screen, which lists your recordings. Tap one to get to a screen where you can play it.





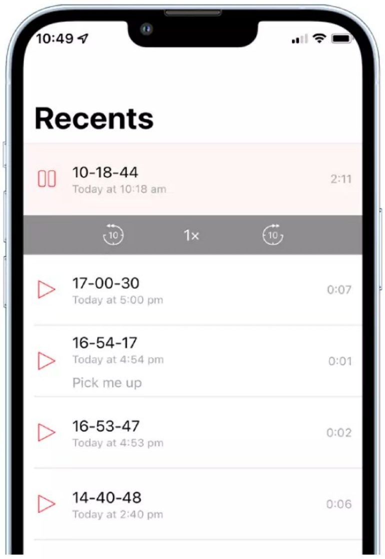


4 Tap the button in the centre of the screen to play and pause the memo. The two smaller buttons either side move the recording 15 seconds forward or backward. The timer below the buttons show how long it's been playing.

5 The three-lines icon in the top left corner of the play screen takes you back to your list of messages; the most recent ten are stored on your Apple Watch. The dustbin icon (bottom left) lets you delete a message that you no longer need.

6 Again on the Play screen, there's a Share icon in the bottom-right corner of the screen. Recordings made on your Apple Watch are automatically synced with your iPhone, but if you want to send it to your phone again, do so here.

Reviewing Your Recordings


10:49

Recents

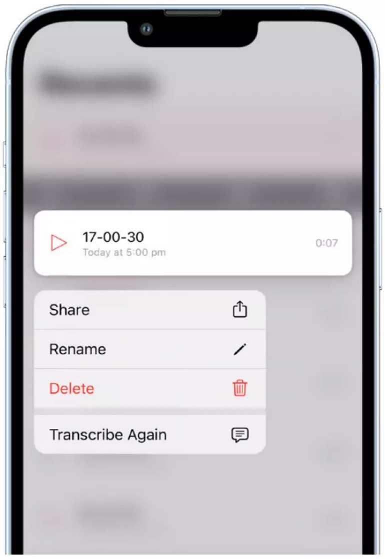
10-18-44 Today at 10:18 am 2:11

17-00-30 Today at 5:00 pm 0:07

16-54-17 Today at 4:54 pm 0:01
Pick me up

16-53-47 Today at 4:53 pm 0:02

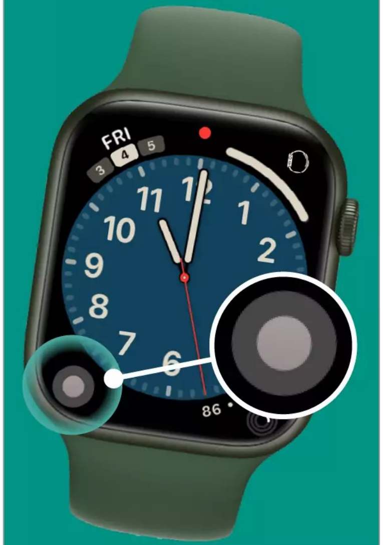
14-40-48 Today at 2:40 pm 0:06


17-00-30 Today at 5:00 pm 0:07

1 You can review your recordings on the Just Press Record iPhone app. Open the app and tap the Recents tab. Recordings are listed by date. Tap one for an options bar to appear underneath it. Tap the Play icon to listen to it.

2 Long-tap on a recording and you can share it, rename it, delete it or transcribe it. Transcribing it is a great way to convert the audio file to text, after which you can share it with the Share icon. It might need a little editing, though.

The App's Complication



You can add a Just Press Record complication to your Apple Watch face, as seen here in the bottom-left corner of the screen. Tap it and the Just Press Record Apple Watch app opens and automatically starts a new recording.

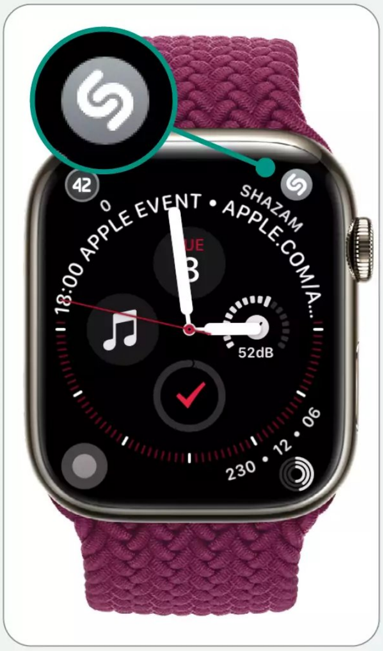
Identify Music with Shazam

It's annoying, but inevitable. You know the song they're playing on the radio, the soundtrack behind the action scene in the latest movie or the bouncy tune that accompanies the advert, but you can't think of the title or artist. With Shazam, you can find out, right from your Apple Watch.

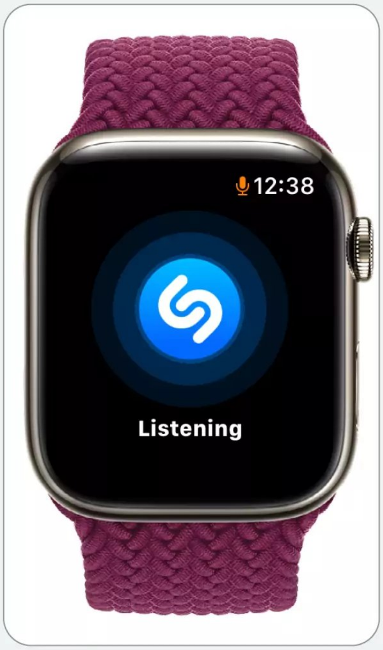
12:37
Tap to Shazam

Shazam on Watch

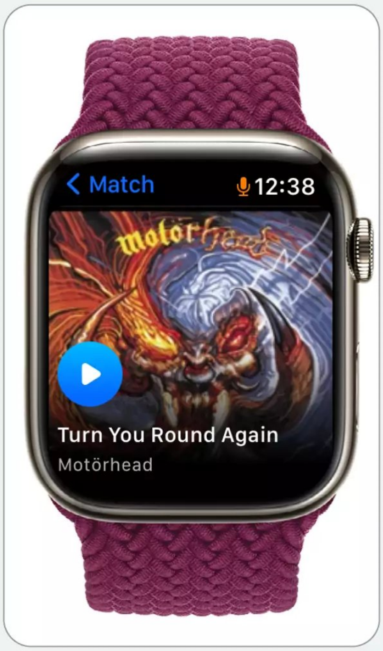
With Shazam on your Apple Watch, you need never wonder about a song title again. It's free, and has currently been installed over one billion times on various devices, including Apple's.


42
18:00 APPLE EVENT • APPLE.COM/A...
SHAZAM
52dB
230 • 12 • 06

1 You can open the Shazam app from the Home screen, of course, but it also has a complication so you can open it directly from the watch face. It's shown here, in the top-right corner. Tap it to get straight to Shazam, quickly and easily.


12:38
Listening

2 When you hear a song you don't recognise but would like to know the title and the artist, open the Shazam app. Tap the graphic and Shazam listens to the song. It's able to identify songs even when there's a lot of ambient noise.


Match
12:38
motörhead
Turn You Round Again
Motörhead

3 When Shazam has identified the song (it's surprisingly quick), it shows you the song title, artist and album cover. If you have access to the track, maybe through an Apple Music subscription, you can play it from your watch.

what3words – A Lifesaver?

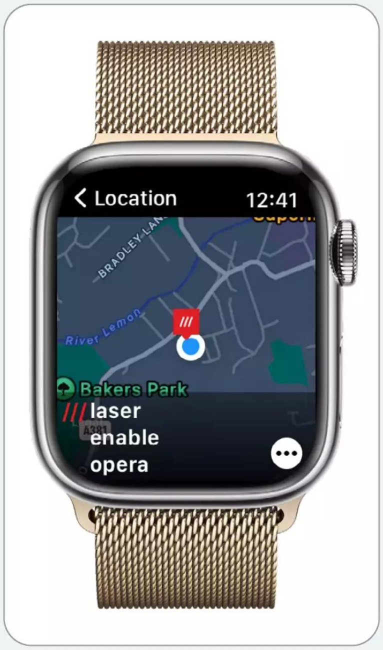
what3words is an amazing app that could one day save your life. It's the easiest way to let someone know where you are, to an accuracy of three metres. Just open the app, and note the three words it offers for your location. Give them to someone, and they can type them into their own what3words app and find you.

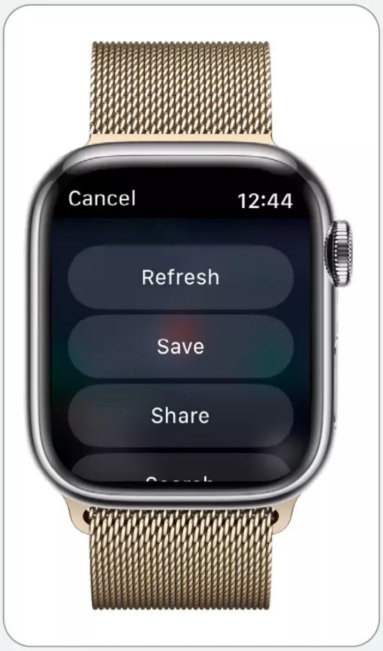
what3words
12:49
Search
Location
Saved Locations
Recent Searches

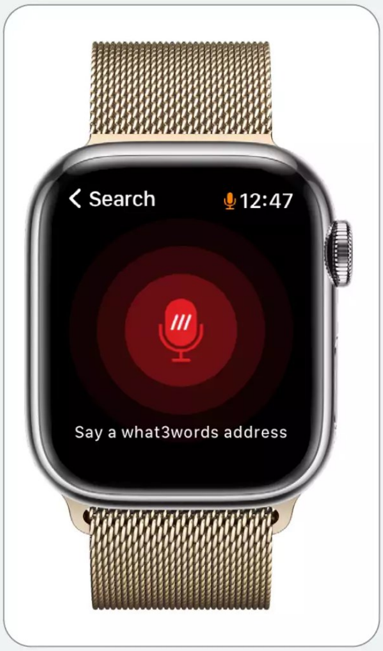
---

what3words on the Watch

what3words works wherever you are, even in the middle of the ocean or in a large, empty wilderness. It's ideal for emergencies, and it has an Apple Watch component too. Everyone should download this amazing free app.


Location
12:41
BRADLEY LANE
River Lemon
Bakers Park
///laser
enable
opera
A381


Cancel
12:44
Refresh
Save
Share
Search


Search
12:47
Say a what3words address

1 Open the what3words app on your Apple Watch, and tap Location for this screen, which identifies your current whereabouts by giving them three words, in this case, laser.enable.opera. These are your location's three words.

2 Tap the three-dots icon for a list of options, which you can scroll up and down using your finger or the Digital Crown. Refresh gives you your three words again, Save saves your location and Share lets you send it to others.

3 Tap a Search button and you can say any three-word location to be shown where this is. If you get a phone call, for example, saying someone is at blobby. reproduced.annoying, you know they're in a lake in the northwest territories.

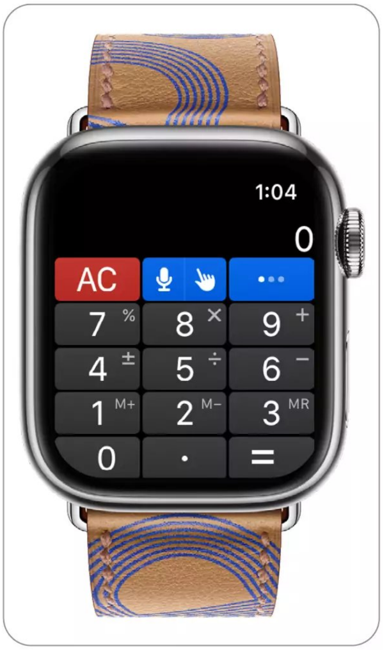
PCalc – Work it Out!

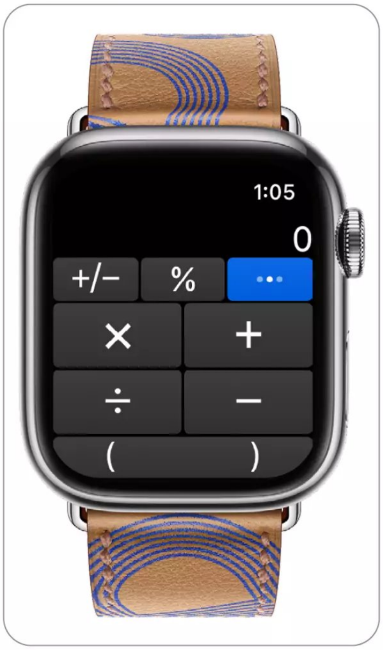
PCalc has long been the most respected calculator application for Apple devices, including the Mac, iPad, iPhone and, of course, the Apple Watch. Purchase and download the iPhone version of PCalc and the Apple Watch app is installed automatically on your watch. Give it a try – it's surprising how much it can do.

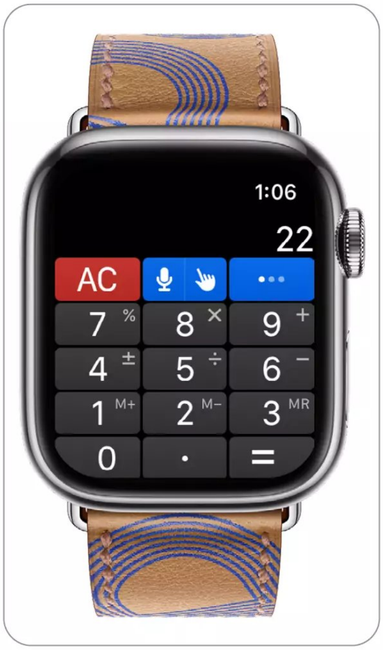
1:12
17.78
TIPS
•••
15%
FOR 2
£10.22 EACH
£2.67 TIP
£20.45 TOTAL

Features of PCalc on Watch

The Apple Watch component of the PCalc app does more than simple calculations. It can calculate tips, do trigonometric and logarithmic calculations, root and square root and even unit conversions, all from your wrist.



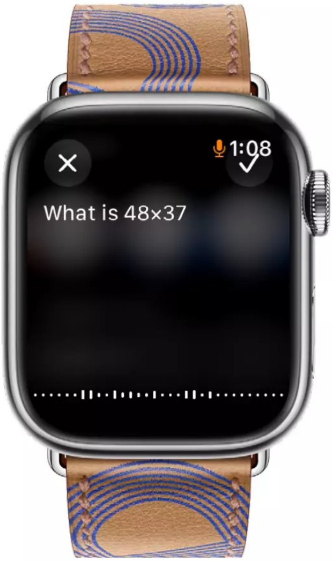


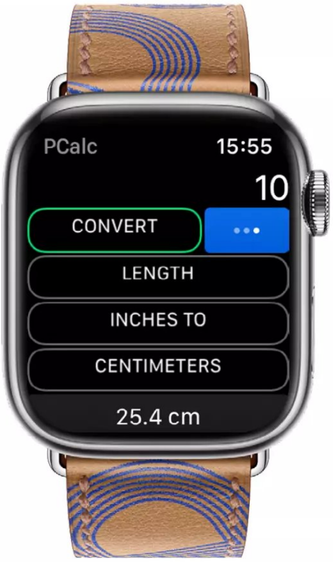


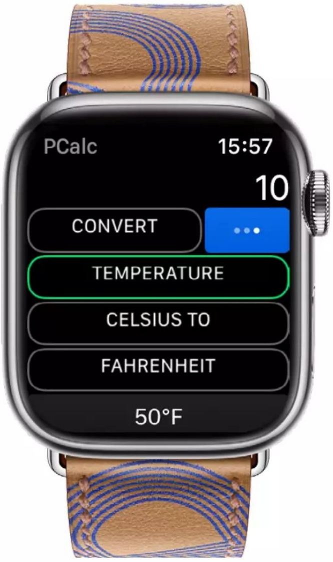
1 When you first open the PCalc app on your Apple Watch, you're shown a four-function calculator. Type in your first number, and when you need a function such as x, -, + or ÷, tap and hold the key it's shown on.

2 Alternatively, for a function, tap the blue button (top right), to go to this screen. Some might find the functions easier to access here, and you can also add brackets too. Tap the button again to return to the previous screen.

3 If you typed a number incorrectly, you can turn the digital crown to increase or decrease the last figure in your calculation. Remove the last thing typed by swiping right across the top of the screen, and left to redo it.


1:08
What is 48×37

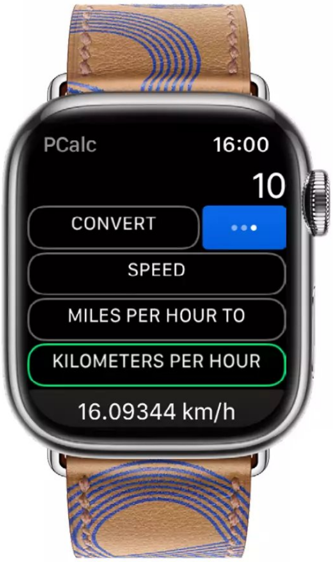

PCalc
15:55
10
CONVERT
•••
LENGTH
INCHES TO
CENTIMETERS
25.4 cm

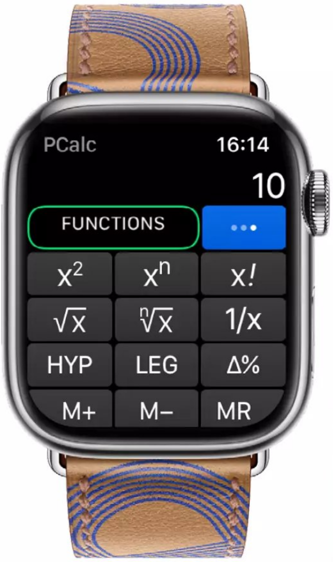

PCalc
15:57
10
CONVERT
•••
TEMPERATURE
CELSIUS TO
FAHRENHEIT
50°F

4 Tap the top-middle button, the one with the microphone on it, and you can choose a different input method. Tap the mic to simply speak your calculation. Tap the screen when you've finished, and the solution is offered.

5 Tap the blue button with the three dots twice, so the third dot is active, and you'll see this screen. To make a conversion, input the number you wish to convert on the digits screen, then tap the blue dots icon twice to get to this screen.

6 Tap the uppermost of the long bubbles, and scroll the digital crown to select what it is you want to convert. Options include length, temperature, time, torque, volume, weight, fuel, energy and more.

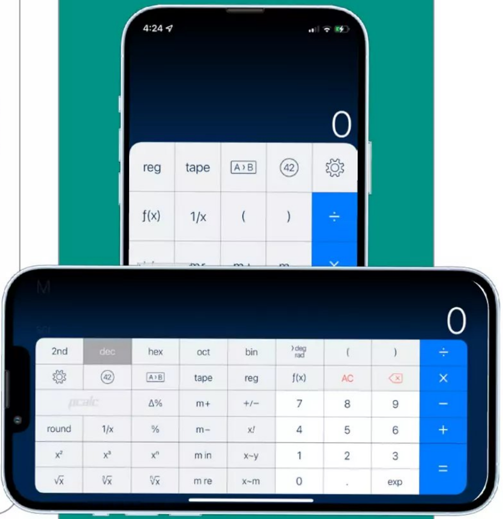

PCalc
16:00
10
CONVERT
•••
SPEED
MILES PER HOUR TO
KILOMETERS PER HOUR
16.09344 km/h


PCalc
16:14
10
FUNCTIONS
•••
x²
xⁿ
x!
√x
ⁿ√x
1/x
HYP
LEG
Δ%
M+
M−
MR

7 When done, tap the middle long bubble and choose what you're converting FROM. Then tap the lower bubble, and select what you're converting TO. Here we're converting 10 MPH to KPH; the result is shown at the foot of the screen.

8 If you tap the smaller bubble, which originally says 'Convert', you can scroll through more options, such as Constant, Trig/Log, Functions, Tips and more. Familiarise yourself with everything the app can do; you might be surprised.

A Scientific Calculator


4:24
0
reg
tape
A⟩B
42
f(x)
1/x
(
)
÷
0
2nd
dec
hex
oct
bin
deg rad
(
)
÷
tape
reg
f(x)
AC
×
Δ%
m+
+/−
7
8
9
−
round
1/x
%
m−
x!
4
5
6
+
x²
x³
xⁿ
m in
x↔y
1
2
3
=
√x
∛x
ⁿ√x
m re
x↔m
0
.
exp

Like the iPhone's bundled calculator app, you can use PCalc on your iPhone as a regular or scientific device. Hold your phone vertically, and it's a regular calculator. Hold it horizontally, and it's scientific.

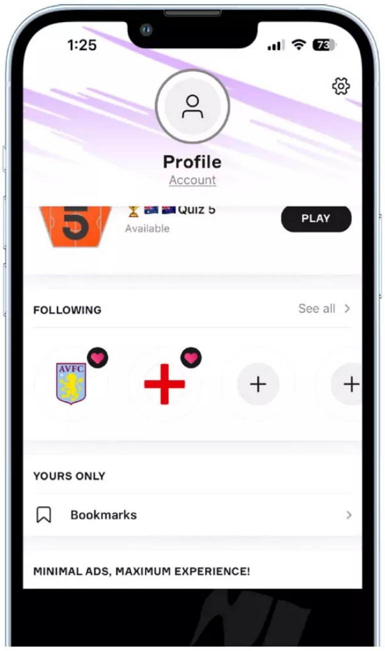
OneFootball – Follow the Goals

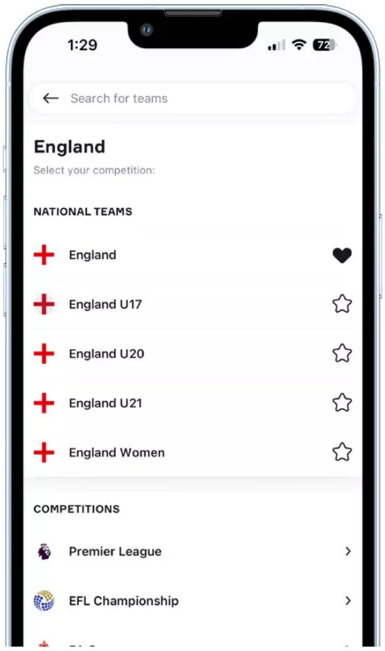
He shoots – and he scores! And if you're following the game on Onefootball, you'll know, because you get an alert sent directly to your Apple Watch. OneFootball brings you news, transfers, fixtures and more. Plus you can set it up to send you real-time updates of goals, sendings-off, substitutions and more; right to your wrist.

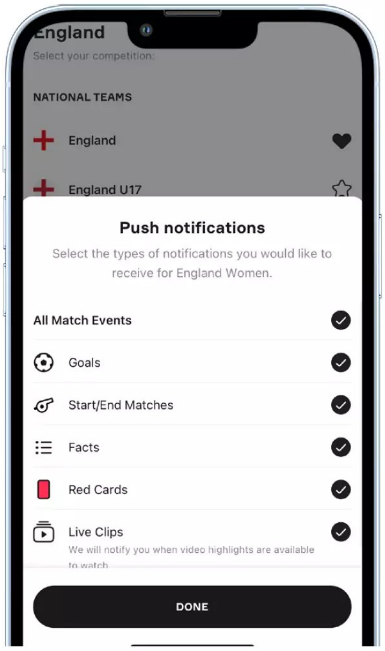
OneFootball
1:33
1:2
Yesterday
7:45 pm
TODAY
Major League Soccer
1 Match

Set Up on iPhone

To get the most from OneFootball, you first need to set it up on your iPhone. The iPhone app is great for news and analysis, watching videos and checking what matches are coming up, but here we're going to set up our profile.


1:25
Profile
Account
Quiz 5
Available
PLAY
FOLLOWING
See all
YOURS ONLY
Bookmarks
MINIMAL ADS, MAXIMUM EXPERIENCE!


1:29
Search for teams
England
Select your competition:
NATIONAL TEAMS
England
England U17
England U20
England U21
England Women
COMPETITIONS
Premier League
EFL Championship


England
Select your competition:
NATIONAL TEAMS
England
England U17

Push notifications

Select the types of notifications you would like to receive for England Women.

All Match Events ✓
Goals ✓
Start/End Matches ✓
Facts ✓
Red Cards ✓
Live Clips ✓
We will notify you when video highlights are available to watch

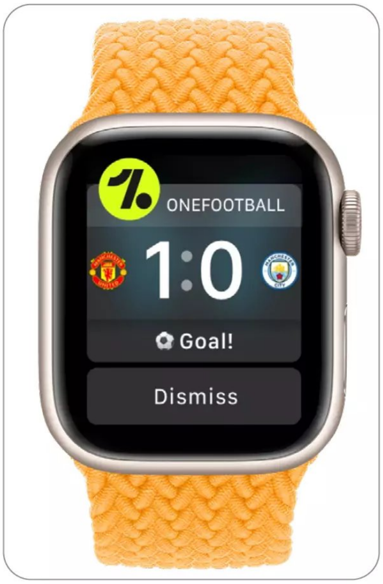
DONE

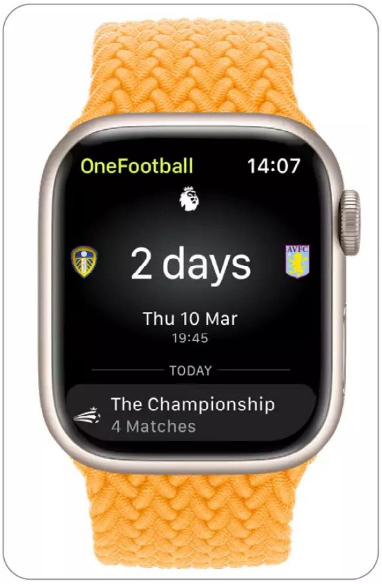
1 In the OneFootball app on iPhone, tap Profile and set up your profile as instructed. You can now add teams to follow. Tap a plus sign under My Teams, and then scroll and tap the country of the team you're looking for.

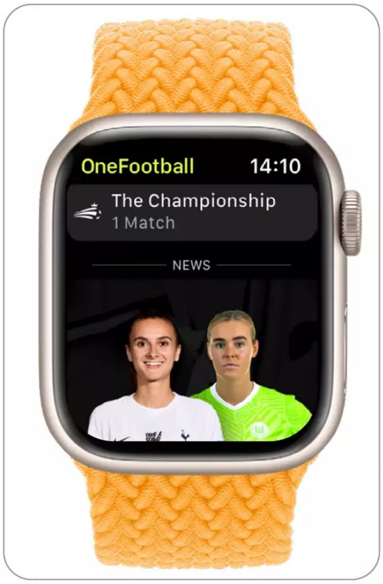
2 On the next screen is a list of countries. Tap the country and you're shown its national sides and also a list of club leagues from that territory. Tap a league for a list of club sides that play in it. Tap a star to follow that particular team.

3 You can then choose what alerts you want to receive. These are; Goals, Start/End of Matches, Facts, Red Cards, Transfers (club sides only) and Live Clips. They're checked by default; uncheck any you don't want and tap Done.

OneFootball on Apple Watch


ONEFOOTBALL
1:0
Goal!
Dismiss

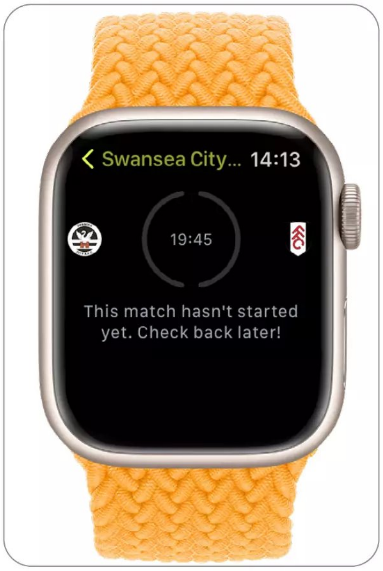

OneFootball
14:07
2 days
Thu 10 Mar
19:45
TODAY
The Championship
4 Matches


OneFootball
14:10
The Championship
1 Match
NEWS

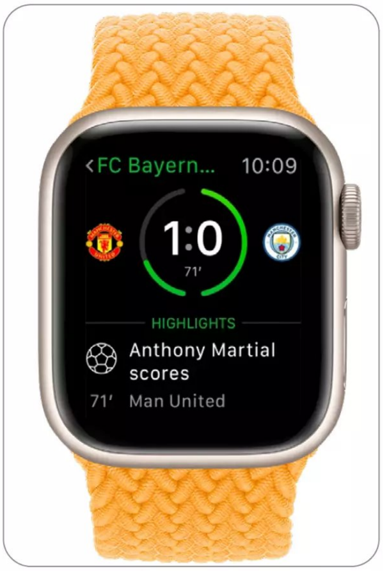
1 Once you've set up your alerts in your profile in the iPhone app, when your chosen national and club sides are playing, you'll get the alerts you chose to receive when you selected the team. It vibrates, so you never miss a goal.

2 If you open the OneFootball app when your favourite team isn't currently playing a game, you will get this screen, telling you when your teams' next match is, who you're playing and what time it starts.

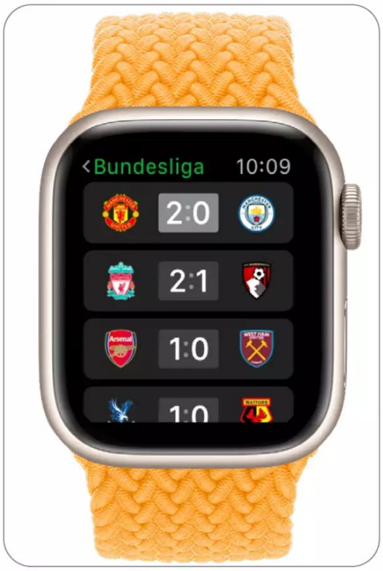
3 Scroll this screen up for a list of competitions in which games are being played today. Tap one and you're shown the match or matches in question. Scroll even further for news and features offered by OneFootball to read on your watch.


Swansea City...
14:13
19:45

This match hasn't started yet. Check back later!


FC Bayern...
10:09
1:0
71'
HIGHLIGHTS

Anthony Martial scores
71' Man United


Bundesliga
10:09
2:0
2:1
1:0
1:0

4 Tap an upcoming game on the OneFootball Apple Watch app and you get a graphic showing the badges of the two sides playing and the time it starts. The two arcs that almost make a circle represents the two halves of the game.

5 During a match you'll see the current score, and information regarding scorers, red cards and more. The two arcs mentioned in the last step are gradually filled, representing time elapsed, which is also shown under the score.

6 You can also check up on all the current and final scores in a competition, on the OneFootball Apple Watch app. Tap a match to see its details. OneFootball is an excellent app, and although it has IAP, most of its features are free.

17:08
GAME A
10
GAME B

More Fun with Your Watch

Believe it or not, you've still a few things to learn about your Apple Watch. In this section, we bring you a feature on things you didn't know your faithful smartwatch could do, as well as offering a troubleshooting guide for if things go wrong, and a glossary of terms about the watch and its operating system.

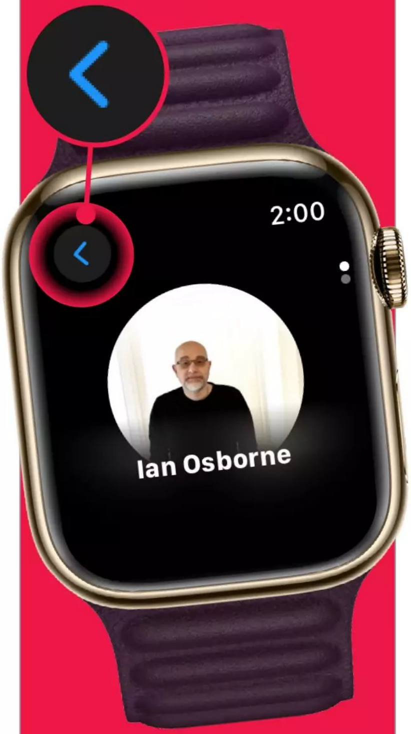
Learn more >

Things You Didn't Know Your Watch Can Do

Your Apple Watch can do much more than you possibly realised. Even if you've ploughed your way through our guides and tutorials, there are still small tips and tricks you might have missed. That's what we'll look at here; little things you might not know your Apple Watch can do, from simple time savers to fantastic features.

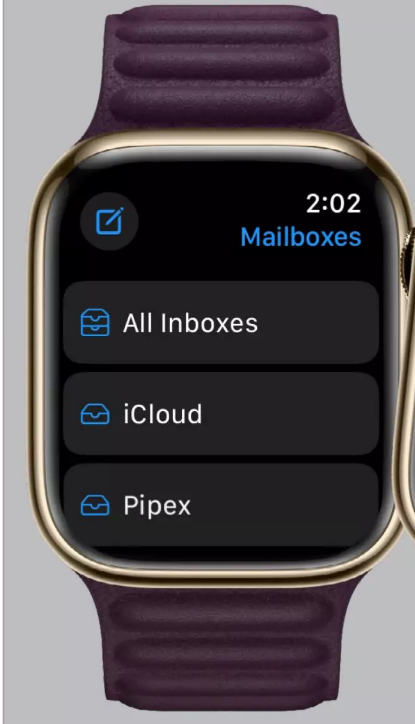
181
9
THU 28
6
WINDY 17°

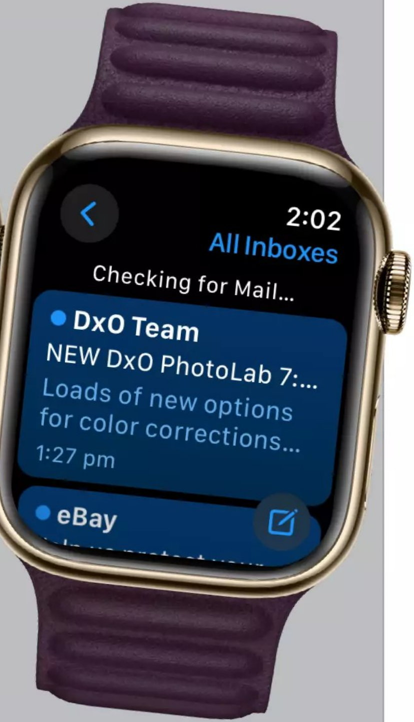
Go Back a Page


2:00
Ian Osborne

It's a great trick if you don't know it. To go back to the previous screen on your Apple Watch, tap the top left corner of the watch face. There's usually (but not always), a chevron there to remind you.

Check for New Emails

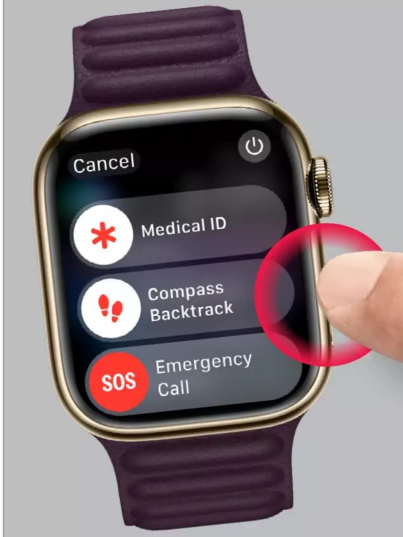

2:02
Mailboxes
All Inboxes
iCloud
Pipex


2:02
All Inboxes
Checking for Mail...
DxO Team
NEW DxO PhotoLab 7:...
Loads of new options for color corrections...
1:27 pm
eBay

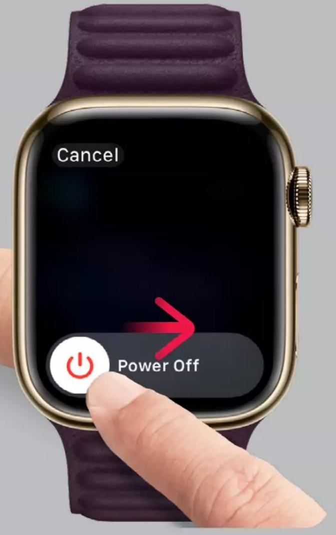
1 To refresh your email inbox on your Apple Watch, first of all, open the Mail app and navigate to the screen where you choose which inbox to look at. Tap an inbox, or the All Inboxes option.

2 Scroll all the way down on your Digital Crown and at the top of the screen, you'll see 'Checking for Email...' The watch checks for emails, and the message changes to 'Updated Just Now'.

Turn Watch On and Off



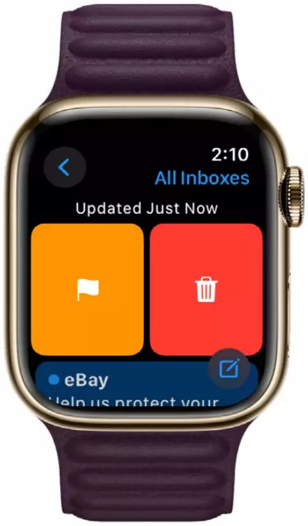
1 To turn your Apple Watch off, first of all, press and hold the Side Button. After a few seconds, you get a screen showing three sliders and a Power button in the top right corner.



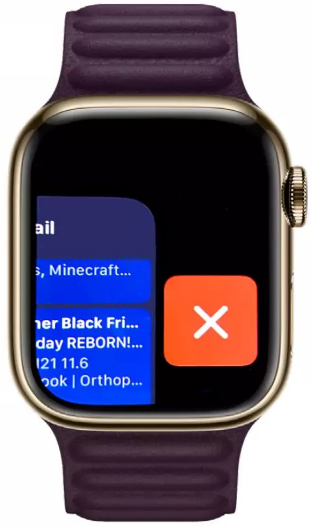
2 Tap the Power button for this Power Off slider. Place your finger on the power icon and drag it right. The screen goes blank and you've successfully switched off your Apple Watch.

3 To switch your watch back on again, press and hold the Side Button until the Apple logo appears on-screen, and your watch starts up. Enter your passcode when asked.

Swipe Left to Delete



1 If you want to delete something on your Apple Watch, such as an email or a message, open the app in question and swipe that particular item left. Tap the bin to delete it.

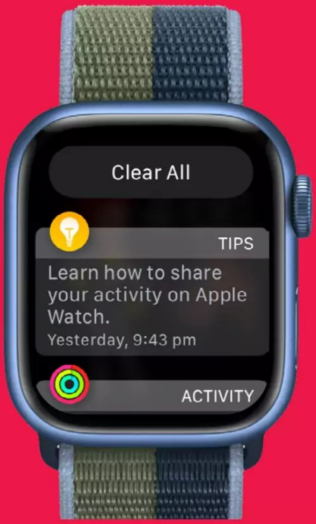


2 To close apps you have open, double-press the Digital Crown to see open apps as a carousel. Use the Digital Crown to scroll to the app you want to close, swipe it left and tap the 'X' icon.

Read the Time

To have your Apple Watch read the time to you, place two fingers on the screen together and keep them there. Your watch reads the time, in character if you use the Mickey or Minnie watch face.

Clear all Notifications



Clear All

TIPS

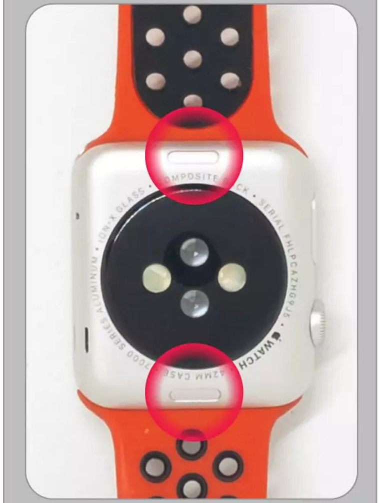
Learn how to share your activity on Apple Watch.

Yesterday, 9:43 pm

ACTIVITY

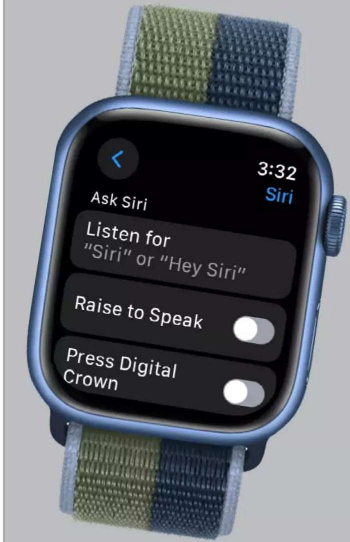
Swipe down from the top of the watch face to access the Notifications screen. Use the Digital Crown to scroll all the way to the top to see a button labelled 'Clear All'. Tap this and your notifications are cleared.

Change Watch Band



Turn your watch face-down and press the button next to the band with your thumbnail. Slide out the band, then do the same with the other button. Your new band can then be slid in. Make sure you hear, or feel, it click into place.

Turn Off Siri



3:32

Siri

Ask Siri

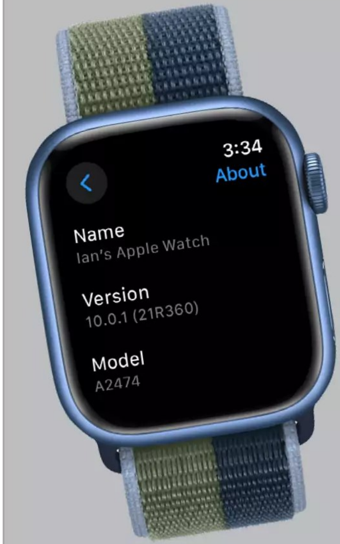
Listen for "Siri" or "Hey Siri"

Raise to Speak

Press Digital Crown

If you don't use Siri, you can turn it off. On your watch, open the Settings app and open the Siri option. Turn off the top three switches (the ways to activate Siri), and the service is turned off.

What's on Your Watch?



3:34

About

Name

Ian's Apple Watch

Version

10.0.1 (21R360)

Model

A2474

Open the Settings app and go to General > About. You'll see a breakdown of what you've got on your watch, and also its serial and model number, what version of watchOS it has and more.

Double Tap

You can activate certain functions on your Apple Watch by tapping your thumb and forefinger together twice. You can use this gesture to answer a call, reply to a message, see and scroll through your Smart Stack, and more. Third-party developers can incorporate it into their own apps too. For example, in Sprout Baby Tracker app you can log your baby's time asleep without risking waking them up.

The feature requires a Watch Series 9 or an Apple Watch Ultra 2 or later. To turn it on, open the watch's Settings app and go to Gestures. You can then choose from the available options. The gesture isn't available in Low Power Mode or when Sleep Focus is active.

Multiple Faces and Complications

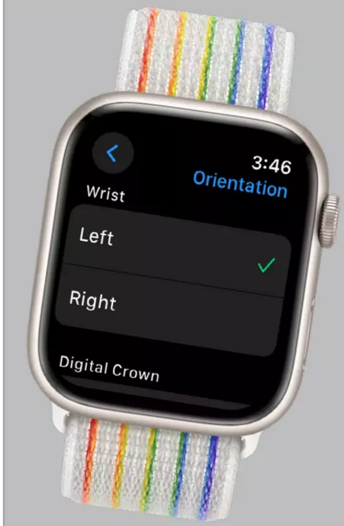
Photos
10:09
Edit

10:16
AUCKLAND
SYDNEY
TOKYO
BEIJING
BANGKOK
DHAKA
KARACHI
DUBAI
MOSCOW
CAIRO
PARIS
LONDON
AZORES
S. GEORGIA
RIO
CARACAS
NEW YORK
MEXICO
DENVER
LOS ANGELES
ALASKA
HAWAII
SAMOA
NOUMEA
5°
40% IN 1HR
AQI
2

1 When making new watch faces, you can have more than one example of the same face in your collection. Maybe two Photo faces, or a face customised in two different ways.

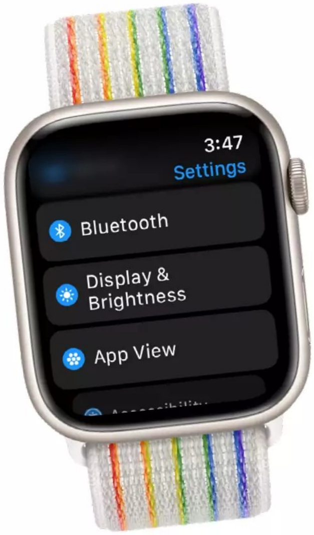
2 It's also possible to have more than one complication drawn from a single app. All four corner complications here are from the Weather app, but show different information from it.

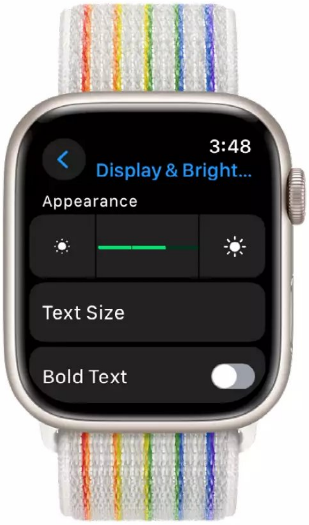
Left-Handers Setting

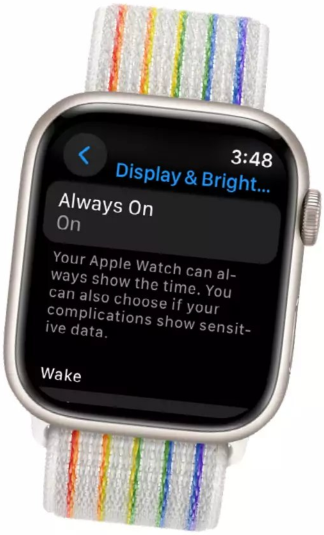

3:46
Orientation
Wrist
Left ✓
Right
Digital Crown

Left-handers can set up their Apple Watch for wearing on their right wrist. Open the Settings app, go to General > Orientation and choose a wrist, and whether you want the digital crown on the left or the right side.

Display and Brightness Options


3:47
Settings
Bluetooth
Display & Brightness
App View


3:48
Display & Bright...
Appearance
Text Size
Bold Text


3:48
Display & Bright...
Always On
On
Wake

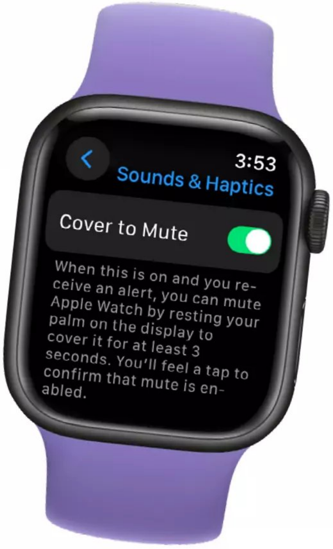
Your Apple Watch can always show the time. You can also choose if your complications show sensitive data.

1 You can change a lot of things in the Display and Brightness setting. Open the Settings app, and tap the Display & Brightness button to get to the customisable options.

2 You can make the display brighter or dimmer, which uses or saves battery power respectively. You can also alter the size of the text displayed on the watch face, or make it all bold.

3 Scroll up for more options, such as turning off the always-on display, changing what makes the watch wake from sleep and for how long it stays awake before going to sleep again.

Cover to Silence



3:53
Sounds & Haptics

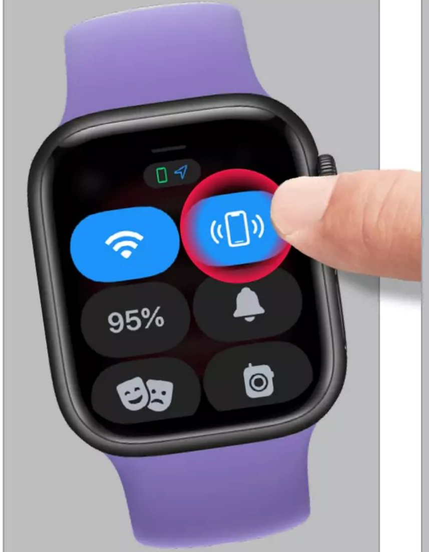
Cover to Mute

When this is on and you receive an alert, you can mute Apple Watch by resting your palm on the display to cover it for at least 3 seconds. You'll feel a tap to confirm that mute is enabled.

1 If your Apple Watch lights up or makes a noise at an inconvenient time or location, such as when you're in a meeting or in a movie theatre, you can silence it quickly and easily by placing your palm over the face of the watch and holding it there for around three seconds. The watch is instantly silenced, giving you instant peace and saving you from getting dirty looks from those around you.

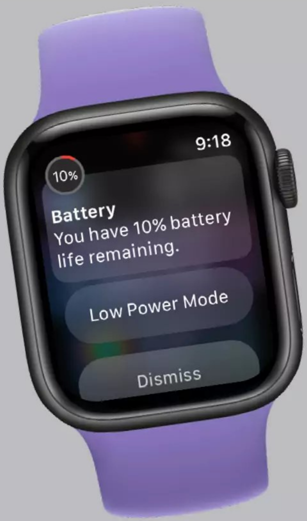
2 To turn this feature on or off, in your iPhone's Watch app go to My Watch > Sounds & Haptics or on your watch, go to Settings > Sounds & Haptics and turn Cover to Mute on or off.

Ping Your iPhone

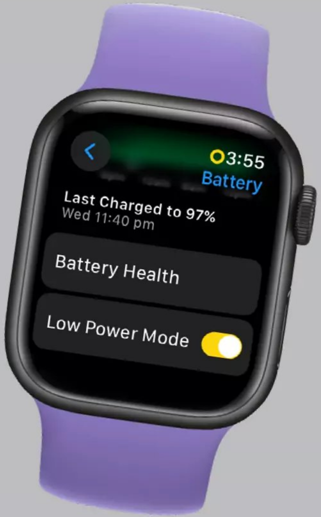


If you've misplaced your iPhone and you know it's somewhere nearby, on your watch, swipe up from the foot of the screen and tap the Ping iPhone button. Your phone makes a noise.

Power Reserve



9:18
10%
Battery
You have 10% battery life remaining.
Low Power Mode
Dismiss

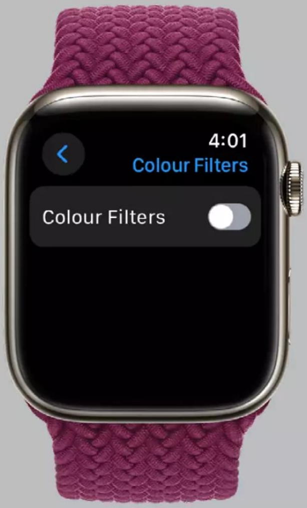


3:55
Battery
Last Charged to 97%
Wed 11:40 pm
Battery Health
Low Power Mode

1 If you're out and about and your watch is low on power, you can extend it greatly using Low Power Mode, which turns off all features except the time. If power is below 10%, you get a message inviting you to turn on Low Power Mode.

2 You can also turn on Low Power Mode in Settings > Battery. Scroll to the foot of the page and swipe the Power Reserve switch. To turn off Power Reserve, press and hold the Side button until you see the Apple logo, and your watch restarts.

Go Greyscale

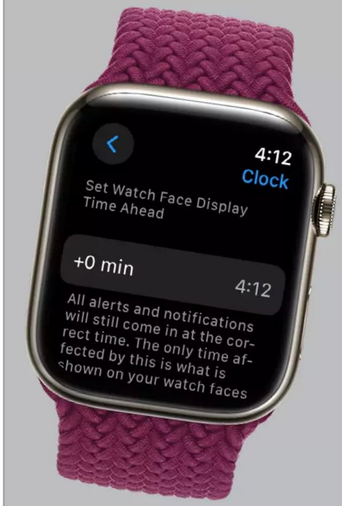


234
10
THU 28
7
MOSTLY CLOUDY 17°

1 The Apple Watch has a greyscale option, which shows the screen in shades of grey instead of colours; it's intended for the colourblind. To turn your screen grey, open the Settings app and go to Accessibility > Colour Filters

2 Tap the Colour Filters switch and choose between greyscale and various colour filters designed to help the colourblind. To switch this feature off again, repeat these steps and tap the Colour Filters switch to return the watch to displaying full colour.

Set Your Watch Fast



All alerts and notifications will still come in at the correct time. The only time affected by this is what is shown on your watch faces

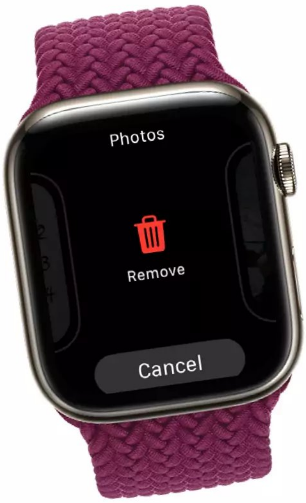
Some people like to set their watch a few minutes fast. To do this on an Apple Watch, go to Settings > Clock and tap the button in the centre, then add on up to 60 minutes. Alerts and alarms are not affected; they go off at the correct time.

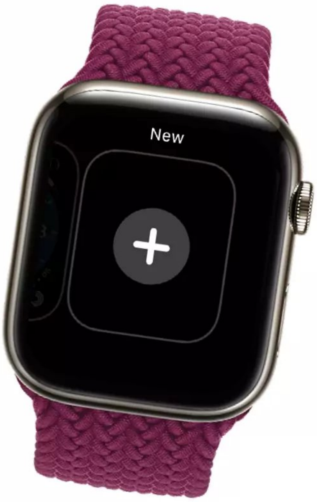
Open an App Using Siri

237
10
THU 28
7
MOSTLY CLOUDY 18°

You can open an app using Siri. Hold the digital crown and say 'Open [app name]'. If your hands are full, you can launch Siri by saying 'Siri' or 'Hey Siri' too. So 'Siri/Hey Siri, open [app name]' launches an app of your choice without touching your watch.

Hide Watch Face





1 If there's a watch face you seldom use, you can hide it by deep pressing on the watch screen, swiping left or right to get to it and then swiping up, to see this remove icon. Tap it and the watch face is removed from the list found here.

2 Deleted watch faces aren't gone forever. They can be restored using the New button on the right of the watch faces. Tap it, then scroll to the face you deleted using the digital crown. When you've found it, tap it to restore it to the range.

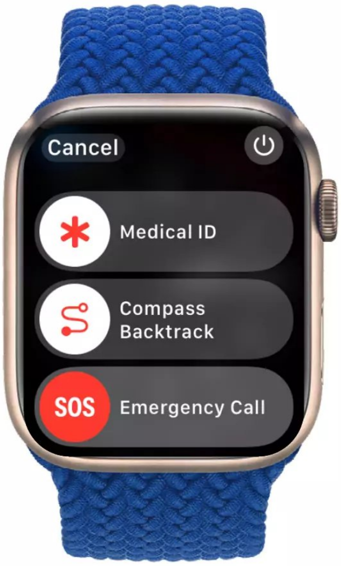
Problems and How to Solve Them

Like all Apple devices, your Apple Watch is very reliable but even the best tech can suffer problems occasionally. If you're having trouble with your amazing Apple Watch, check out these handy hints and terrific tips for getting it up and running again. Chances are one of them will work, saving you a trip to the Apple Store.

Restarting and Resetting Your Watch

If your Apple Watch has frozen or is unresponsive, a force restart is usually all it needs but if this doesn't help, a hard reset might prove more successful. Here's how to do both on your Apple Watch.

Restart

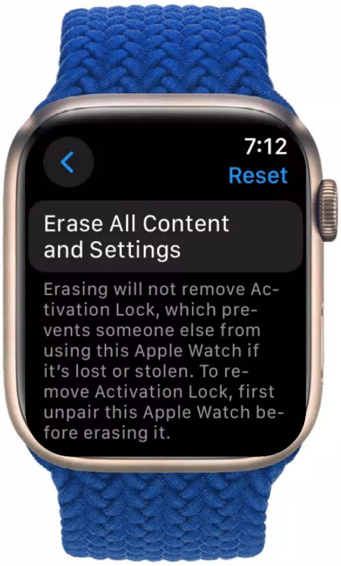


To restart your Apple Watch, hold down the side button until this screen appears, tap the power icon (top right) then slide the slider marked Power Off to the right. To start it up again, press and hold the side button.

Force Restart

If this doesn't work or can't be achieved, press and hold both the Digital Crown and the side button for around ten seconds until the Apple logo appears on the watch screen. This forces your watch to restart.

Reset Watch



Erase All Content and Settings

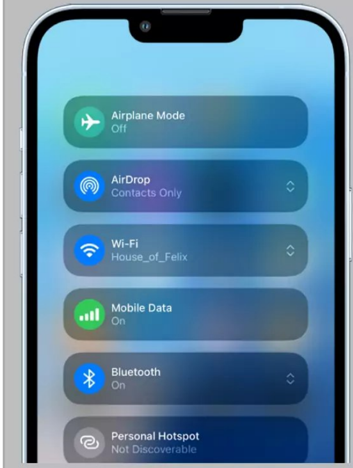
Erasing will not remove Activation Lock, which prevents someone else from using this Apple Watch if it's lost or stolen. To remove Activation Lock, first unpair this Apple Watch before erasing it.

To reset your watch completely, erasing all data, go to the Settings app and then go to General > Reset. Opting to reset your Apple Watch erases all data and settings, so you have to pair it with your iPhone again.

Other Problems with Your Watch

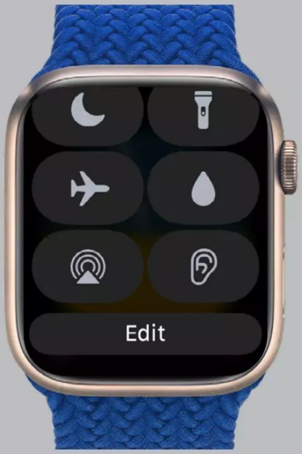
Of course not every hiccup suffered by your Apple Watch requires a complete restart or a reset. There are a number of minor maladies that can be solved quickly and easily. Here's a guide to what to do.

Lost iPhone Connection



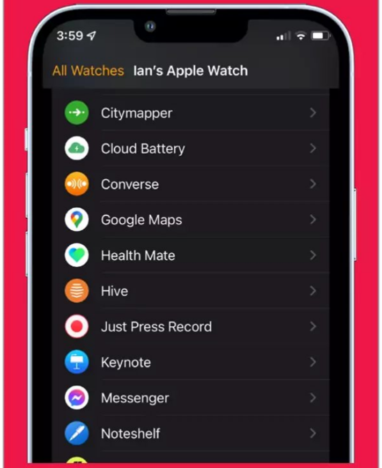
Airplane Mode Off
AirDrop Contacts Only
Wi-Fi House_of_Felix
Mobile Data On
Bluetooth On
Personal Hotspot Not Discoverable

1 If your watch has lost the connection with your iPhone, first check your iPhone's Bluetooth is switched on. Swipe down from the top-right corner of the screen for the Control Panel, and check the Bluetooth icon is blue.

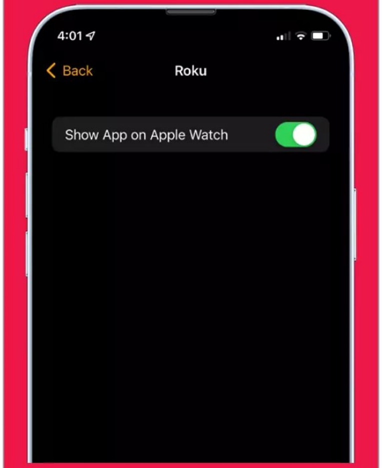


2 Now press the Side Button on your Apple Watch to get to the Control Centre and scroll with the Digital Crown to here. Turn Airplane Mode on and off by tapping the plane icon to force the watch to look for your iPhone and reconnect.

Third Party App Doesn't Work



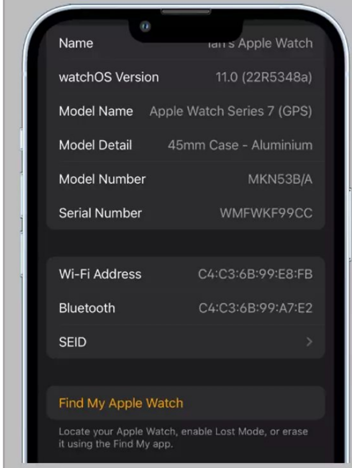
1 If one of your third-party Apple Watch apps refuses to work properly, try removing and reinstalling it. On your iPhone's Watch app, go to My Watch and scroll down to the app that's not working.



Show App on Apple Watch ●

2 Tap on the name of the rogue app and on this, the next screen, flick the switch marked Show App On Apple Watch off. The app uninstalls from the watch. Now flick the switch again to reinstall it.

Back Up and Unpair

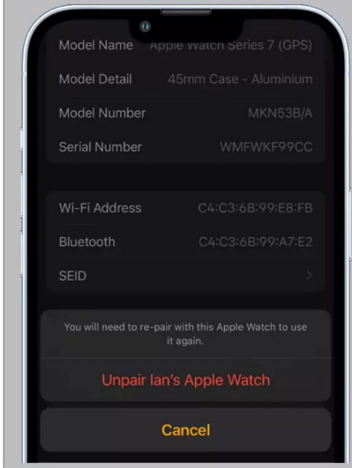


Name	an's Apple Watch
watchOS Version	11.0 (22R5348a)
Model Name	Apple Watch Series 7 (GPS)
Model Detail	45mm Case - Aluminium
Model Number	MKN53B/A
Serial Number	WMFWKF99CC
Wi-Fi Address	C4:C3:6B:99:E8:FB
Bluetooth	C4:C3:6B:99:A7:E2
SEID	

Find My Apple Watch

Locate your Apple Watch, enable Lost Mode, or erase it using the Find My app.

1 For a more drastic restore, go to the iPhone's Watch app, tap My Watch then tap All Watches in the top-left corner. Tap the 'i' icon next to your watch. Now tap the last option on this screen, Unpair Apple Watch.



Model Name	Apple Watch Series 7 (GPS)
Model Detail	45mm Case - Aluminium
Model Number	MKN53B/A
Serial Number	WMFWKF99CC
Wi-Fi Address	C4:C3:6B:99:E8:FB
Bluetooth	C4:C3:6B:99:A7:E2
SEID	

You will need to re-pair with this Apple Watch to use it again.

2 In the pop-up window, opt to unpair the watch. Settings and data are backed up, with a few exceptions such as Activity Monitor and bank cards. After unpairing, you must pair your watch again before using it.

Glossary of Watch Terminology

We've tried to keep this guide as jargon free as possible, but inevitably there are some words and phrases that might still seem mysterious to the newcomer. If you're puzzled, we hope you find this glossary helpful.

A

Accessibility: A series of tools and features designed to make an Apple device such as the Apple Watch easier to use by those with disabilities. You can find the Accessibility features in Settings.

Activity: A key app on your Apple Watch that records how many calories you've expended by moving around, how many minutes you've exercised and whether you've stood for at least a couple of minutes each hour. The Activity app gives you targets to aim for; 500 calories, 30 minutes and 12 hours by default, but they can be customised if you wish. You can share your Activity stats with friends, and win awards by meeting targets.

Airplane Mode: All airlines warn you to turn off mobile electronic devices when on an aircraft, so this Apple Watch setting turns off all incoming and outgoing signals to your device, including data, Bluetooth, and Wi-Fi.

AirPlay: A protocol for streaming sounds and video from an Apple device to compatible speakers, or (for example) an Apple TV. It's wireless, and easy to use.

AirPods: Apple's own in-ear Bluetooth earbuds. Pair them with your iPhone, and they automatically pair with your Apple Watch too. You can then play music directly from the watch, without using your iPhone.

App: Short for 'application', another name for a computer program as used on iPhones and iPads, and also on the Apple Watch. Apps for the Apple Watch can be downloaded on the iPhone or on the watch itself.

App Store: This is where you can download free and paid-for programs, or apps, to your device using your Apple ID. You can access it through your iPhone's or Apple Watch's Home screen.

Apple ID: This is the email address and password that you have registered with Apple. It's required for a lot of applications and features on your iPhone and Apple Watch, such as App Store, Find Items and more.

Apple Pay: With your credit or debit card information stored on your iPhone, you can use your Apple Watch to make contactless payments for goods and services. Double tap the side button to access Apple Pay, then hold your watch near the contactless payment machine. The watch vibrates, and the money is taken from your account.

B

Blood Oxygen: Your blood oxygen level shows the amount of oxygen your blood is carrying around your body. You can test your personal blood oxygen level with your Apple Watch.

Bluetooth: Bluetooth is a wireless technology used to link and exchange data with another compatible device. It has a range of approximately eight metres (25ft). Apple Watch supports many Bluetooth devices, and can be configured using the Bluetooth option in the Settings app.

C

Calendar: This is one of Apple's preloaded apps. Use it to keep track of events, invitations, and reminders on your Apple Watch, Mac or mobile devices.

Camera: This app is used when taking photos and videos on your iPhone. The Apple Watch can function as a camera remote, so you can take iPhone photos directly from your wrist without touching the phone.

Charger: The USB cable used to charge your Apple Watch. It plugs into a USB-C or USB-A port, and can be bought separately from Apple if you need a spare.

Complications: In watchmaking, small features such as extra dials or a sun and moon behind the main watch face are known as Complications. The Apple Watch uses the same term for the extras on the watch face that take information from, and give access to, the watch's apps.

Contacts: Your digital address book, which syncs across your Apple devices using iCloud. On your Apple Watch, you can review your stored contacts' information, initiate an email, phone call, message and more, share a contact or delete it if it's no longer needed.

D

Digital Crown: A key control on the Apple Watch. It combines a button which can be pressed for the Home screen, held for Siri or double-pressed to return to the last-used app, and a dial that lets you scroll through various options and items on your Apple Watch.

Dock: The Apple Watch has a Dock, just like the Mac, iPhone and iPad. It can show recently used or favourite apps. Access the Apple Watch Dock by pressing the side button, and scroll through your apps with the digital crown.

E

ECG: An abbreviation of electrocardiogram, a test that records the timing and strength of the electrical signals that make the heart beat. You can take one on the Apple Watch using the ECG app.

Emoticon: A small drawing used to augment a message or text. Typically, these are yellow faces showing a variety of expressions.

F

Facebook: Currently the most popular social networking site on the Internet. Its integrated messaging app, Facebook Messenger, has an Apple Watch component that lets you review and reply to conversations.

FaceTime: You can join group FaceTime chats using your Apple Watch, but obviously, only using FaceTime Audio; the Watch has no camera, so can't do video.

Find Devices/Items/People: The iPhone's Find My app, for tracking down Apple Macs and mobile devices, locating AirTags and AirPods and sharing your location with others is represented on the Apple Watch by three different apps. Tap one to pinpoint the whereabouts of a device, tracked item or person on the map.

F

Focus: A feature on most Apple devices that lets you limit interactions with your Mac, iPad, iPhone and Apple Watch at certain times, for example, when working or driving. You can turn a Focus on and off from your Apple Watch.

Force Restart: If your Apple Watch isn't behaving as it should, you can force it to switch off and restart; press and hold the side button and digital crown for around ten seconds, until you see the Apple logo appear. Doing this can solve a range of problems on your Apple Watch.

G

Gestures: Actions performed with your fingers on the Apple Watch's touchscreen. These gestures aren't as comprehensive as those used on the iPhone or the Mac's trackpads.

H

Home Screen: The Apple Watch's Home screen is where you open apps, and it's accessed by pressing the digital crown. The watch's Home screen can display your apps as a grid or as a list.

I

iCloud: The collective name for Apple's online services, which integrates with all iOS/iPadOS devices, Macs and the Apple Watch.

iMessage: A text message that's sent from one Apple device to another. iMessages use the Internet rather than the mobile phone network, so they're sent free of charge.

K

Keynote: Apple's presentation app for Macs and mobile devices. The Apple Watch companion app acts as a controller.

L

Location Services: Features and apps on your Apple Watch that pinpoint and use your current location. The Maps app, for example.

M

Mail: Apple's email client, which has a watch component. It can handle a wide range of email accounts, including Apple iCloud, Microsoft's and Google's mail services and accounts provided by your Internet Service Provider.

Memoji: Open the Memoji app and you can create a caricature of yourself, or someone else, on your watch, and then use it in the Memoji watch face.

Messages: One of Apple's built-in apps that handles SMS text messages and MMS multimedia messages.

Mindfulness: A watch app that helps you set aside a few minutes every day to focus, centre and breathe. The Breathe watch face gives easy access to the Mindfulness app, which some people say helps them relax.

Music: The Apple Watch's app for playing music, which also works as a controller for the iPhone's Music app.

N

News App: A useful media application that I collates news sources from across the web. It can be customised to focus on news that interests you personally.

Noise: A useful bundled Apple Watch app that checks the volume of ambient noise levels, and warns you if it's loud enough to damage your hearing.

Notifications: A pull-down list of recent notifications, accessed by swiping the Apple Watch screen down from the top.

Now Playing: If any app is playing audio on your Apple Watch or iPhone, the Now Playing icon appears atop the screen. Tap it for controls.

P

Photos: A bundled Apple Watch application that lets you view and share photographs directly from your watch.

Portraits: If your iPhone can take Portrait photos, with the subject in focus but the background blurred (the bokeh effect), you can use them in the Apple Watch's Portraits face.

Q

QuickPath: The latest Apple Watch models offer a virtual keyboard used by tapping the letters or by swiping a finger from one letter to the next. Typing suggestions are offered, and you can correct a mistake by scrolling the digital crown.

R

Retina Display: This is Apple's term for its high-resolution screens. The pixels are so small it's impossible to distinguish between them at a normal viewing distance. Apple Watch has a Retina screen.

S

Scribble: A means of typing on your Apple Watch, by drawing individual letters on the watch face.

S

Settings: An app on your Apple Watch that gives access to configurable features. There's an entry in Settings for every app on your watch, whether a default app or one you've added yourself.

Siri: Apple's voice activated digital assistant. You can give Siri spoken instructions and the service replies by giving you the information you asked for, or by activating the requested Apple Watch function.

Sleep/Wake Button: Physical hardware button on top of the iPhone, iPod touch, and iPad. Used to power on, wake from sleep, put to sleep, and power down iOS devices.

Sleep App: This is used to track your sleeping habits and set up bedtime schedules. You can see how much sleep you got last night, and follow your sleeping trends over the last 14 days.

Smartwatch: A watch that functions as a piece of digital technology that can run apps for things like measuring exercise, health, heart rates and other things that require sensors. The Apple Watch is a smartwatch.

SMS: (Short Message Service) Text messages sent from the Messages app. Apple Watch has standard messages, or you can speak/type your own.

SOS: A service on Apple Watch that lets you call the emergency services from your watch, store medical information and detect if you've fallen over.

Straps: The Apple Watch uses its own unique strap design. Apple Watch straps include Loops, Sports Bands, Modern Buckles and other styles.

T

Touchscreen: A screen that responds to your touch, so you can interact with it using your fingers or a stylus.

W

Walkie-Talkie: An innovative feature that facilitates two-way communication between Apple Watches. Requires Apple Watch Series 1 or later running watchOS 5.3 or later.

watchOS: The operating system that underpins everything that goes on in your Apple Watch. This operating system (or OS) is regularly updated, and new versions are free of charge.

Wi-Fi: A wireless of means of getting onto the Internet or connecting two devices. At home, your Wi-Fi network is established through your router. Whilst away from home, you might have access to public Wi-Fi networks like those offered in coffee shops or libraries.

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